

Woman dies following liposuction in Faro

A 24-year-old woman hoping to remove a few extra pounds with little effort died after having cosmetic surgery (liposuction) in a clinic in Faro. Relatives are accusing the clinic of negligence. See p.72

Building starts at new state-of-the-art Cascais hospital

The first brick of what will become Cascais' new hospital was ceremoniously laid this week by the Prime Minister and new Health Minister in the company of Cascais Mayor António Capucho, amidst protests from locals who disagree with the advancing of the project without a specialist oncology ward. See p. 4

Search goes on for missing German tourist

The big Levante (southeastern) swell facing the Beliche Fort in Sagres last Saturday dragged a German couple from a group of six tourists into the sea, claiming two lives, although search and rescue teams are still looking for the body of the victims. See p.5

Thousands of fines set to be scratched following DGV re-shuffle

Nine months ago the drivers' governing body – the DGV – underwent a re-shuffle that left thousands of fines in limbo, as regional offices were closed and more than 140 employees were assigned alternative jobs and responsibilities. See p.7

Oporto airport elected best in Europe

Oporto's Francisco Sá Carneiro airport, in Maia, was elected by the International Committee for Airports as the best in Europe, 2007. It is also ranked as fourth best in the world with regard to airports that process less than five million passengers. See p. 72

Readers' Offers
See p. 59

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Algarve taxi driver says he drove Madeleine McCann to hotel near Spanish border on the night she went missing

“MADELEINE WAS IN MY TAXI”

An Algarve taxi driver has this week gone public for the first time after living the past ten months convinced he drove Madeleine McCann and four adults not far from the Spanish border in his taxi, two hours before the four-year old was reported missing. **Madeleine, see p.18**



Taxi driver António José Castela Cardoso shows the spot where Madeleine may have sat on the evening of her disappearance. (Photo: Solarpix.com)

Hundreds of children examined in 2007 for signs of sexual abuse



The waiting room for children suspected of being the victims of sexual abuse at the Institute of Legal (forensic) Medicine in Lisbon. (Photo: Lusa / André Koster)

More than six hundred children under the age of 14 were medically examined last year by the Institute of Legal Medicine following suspicions of sexual abuse, the majority of whom were girls.

In total, between January and November 2007, a total of 1,063 forensic exams were carried out on minors, 685 of which related to cases of suspected sexual abuse, 545 on girls, the remainder being on boys.

The majority of cases took place in Lisbon, on children aged between 0 and 9, where the department for legal medicine catered for 508 of the 685 cases, nearly twice as many as were attended to in Coimbra (286 cases) and Oporto (269).

Instigating a suspected case of sexual abuse on a minor (under the age of 14) does not require a complaint from the victim. Authori-

ties may take action on a simple word of warning.

According to the Ministry of Justice, in 2006, 161 people were convicted for sexual abuse against children and dependent minors, 88 individuals were issued with a suspended sentence, whilst a further 70 were imprisoned.

As of March the Institute for Legal Medicine will be given an underlining guide for official proceedings in cases of suspected sexual abuse against children. This way, all nationwide branches will be harmonised in what action to take.

This guide will comprise a series of rules and medical interventions to be followed in such cases, and could also serve as a model for hospitals and other clinics in situations of suspected sexual abuse.

Mother kills then hides new-born in freezer

A 35-year-old Gaia woman, who hid a full-term pregnancy from family and friends, allegedly strangled her new-born baby after giving birth and hid it in a bag in her freezer.

Members of the local community suspected her pregnancy due to her prominent stomach, though it was repeatedly denied by the woman.

Married with three children, the suspect, an office clerk from Balteiro, Gaia, is described by locals and neighbours as a "well-balanced person" who was "a normal woman" and "seemed to be a good mother".

This was corroborated by the parish priest, who said he often joked with the woman due to the size of her growing stomach.

He also told how the couple had no apparent financial difficulties, were not known to argue, nor had they ever been ap-

proached by child protection committees.

What has shocked the local community most is the alleged calmness with which the woman is believed to have confessed to the crime.

She confessed after her mother-in-law confided her suspicions of a pregnancy to the suspect's best friend, a nurse.

On being challenged by the friend, the suspect is said to have confessed to everything, in the presence of her husband, with remarkable calmness.

PJ police were then called in and both the suspect and her husband were summoned for questioning, though were not immediately detained.

The newborn's body was handed over for forensic examination and autopsy, which authorities believe will help determine the outcome of the case.

Mums get older, marriages fall and divorces rise

The average age of Portuguese women giving birth for the first time has risen from 27.8 years of

age in 2005, to 28.1 years of age in 2006. As first-time mothers get older, at the same time, the

number of marriages has fallen, whilst divorces are on the up.

According to demographical indexes from 2006, the population has registered a 0.28 per cent increase in growth. In that year there were 105,499 births and 101,990 deaths registered amongst residents in Portugal.

Ten newborns were delivered for every 1,000 inhabit-

ants, though the population continues to age, as there are 112 elderly individuals per every 100 youths, thought to be caused by infertility and extended longevity.

The number of weddings that took place in 2006 was 47,857 with nearly half as many divorces (23,935), equalling 48 divorces for every 100 marriages.

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Life inspires us

Building starts at new state-of-the-art Cascais hospital



Prime Minister José Sócrates makes a speech on Monday during the ceremony to present the new Cascais Hospital. (Photo: Lusa / Tiago Petinga)



The first brick of what will become Cascais' new hospital was ceremoniously laid this week by the Prime Minister and new Health Minister in the company of Cascais Mayor António Capucho amidst protests from locals who disagree with the advancing of the project without a specialist oncology ward.

Contrary to what was initially planned, the future hospital, which will serve a local population of 285,000 inhabitants, will not have an oncology unit.

Despite this obvious shortcoming, this new hospital is tipped to become a national point of reference for medical care.

It will comprise specialist medical, surgical and mother-infant units, as well as an intensive and intermediate care unit.

Inhabitants from Alcabideche, Carcavelos, Cascais, Estoril, Parede and São Domingos de Rana, will be referred to this hospital, along with those from the villages Algueirão-Mem Martins, Colares, Pêro Pinheiro, São João das Lampas, São Martinho, Santa Maria and São Miguel, São Pedro de Penaferrim and Terrugem, for maternity care.

Annually, the hospital aims to cater for 235,000 consultations, 98,000 day-patients, and 10,800 surgeries, being equipped with 272 beds, normal and adapted.

Areas of specialist medical care will include internal medicine, cardiology, neurology, gastroenterology, dermatology, paediatrics and psychiatry.

Specialist surgical interventions will include general surgery, orthopaedics, urology, obstetrics and gynaecology, amongst others.

However, the future structure

has generated a fair amount of controversy after it was announced there would be no oncology unit.

Both patients and professionals have expressed their concerns with regards to the absence of a ward to treat cancer sufferers and have in fact started a petition to have one integrated in the project. So far more than 18,600 signatures have endorsed the petition.

In a recent interview given to *The Portugal News*, Mayor Capucho, now in the middle of his second term in office, admitted that he will probably stand for a third term, despite suggesting in 2005 he would not seek

another mandate.

And mostly because of the city's new hospital, which he said is an "absolute necessity and priority".

The hospital is now certain to be ready at the beginning of 2009, a few months after the next round of municipal elections and Mr Capucho freely admitted to *The Portugal News* that he wants to be the person who has the honour of inaugurating the long-awaited facility.

"The hospital's task will be somewhat alleviated by the building of three new health centres in Alcabideche, São Domingos de Rana and São João de Estoril", explained the mayor.

Network of European radio stations is launched

From April 2008, 16 radio stations from 13 countries working in a consortium and seven associate radio stations will co-produce and simultaneously broadcast programmes devoted to current affairs and society in modern day Europe.

Broadcast daily, the programmes of this EUROPEAN network will include daily news reports, interviews, debates, magazines looking at subjects in greater depth and coverage of live events. The first broadcasts will go out in

April 2008.

Initially, broadcasts will be in 10 languages (Bulgarian, English, French, German, Greek, Hungarian, Polish, Portuguese, Romanian and Spanish), but they will gradually expand to the 23 languages of the EU.

MSDs top work-related illness

Musculoskeletal disorders (MSDs) are the most common form of work-related illness in Europe, a report by the European Commission revealed. It is estimated that 25 percent of European workers complain of backache and

23 percent report muscular pains. "Musculoskeletal disorders are the number one workplace illness in Europe, affecting millions of workers and costing the economy up to 1.6 percent of GDP. We can no longer afford to

waste Europe's potential and have to "lighten the load" on all workers suffering from MSD," said Vladimír Špidla, EU Commissioner for Employment, Social Affairs and Equal Opportunities, after the release of these findings.

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Lisbon seeks reciprocal accord on driving licences with Maputo

Portugal wants to sign an accord with Mozambique on mutual recognition of driving licences following a similar agreement reached with Angola last week, Lisbon's No. 2 diplomat said.

João Gomes Cravinho, Portugal's state secretary for foreign affairs and cooperation, said in

Maputo: "I delivered our proposal for the accord and we're now waiting for a response from the Mozambican authorities."

Portugal and Angola inked a pact last week to recognise each other's licences for six months before drivers apply for further authorisation to drive in their

host countries.

The licence accord between Lisbon and Luanda followed a diplomatic spat last year sparked by a court case in Portugal involving an Angolan international footballer who showed his national driving document to police. *TPN/Lusa*

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Search goes on for missing German tourist



The big Levante (south-easterly) swell facing the Beliche Fort in Sagres last Saturday dragged a German couple from a group of six tourists into the sea, claiming two lives, although search and rescue teams are still looking for one body.

The body of the German woman was found within hours after the incident, but rescuers, at the time of going to press, had been unable to find the body of a second victim, a man, aged 40, though searches continued throughout the week.

President of Vila do Bispo parish, Gilberto Viegas, says the death of the two tourists in Beliche Fort could have been avoided if informative signs were placed in the vicinity.

He also added that if the signs were there they would have

thought twice before going to such a dangerous area where waves can sometimes reach up to six metres in height.

To get to the cliff, visitors have to walk through the wall of the Fort, unaware of the risks involved and the power of the sea.

Another idea brought forward by Gilberto Viegas, was to work together with hotels to elaborate and distribute maps and leaflets indicating the several dangerous spots on the coast of the council, which has already claimed five lives this year.



Foreign tourists search for the German tourist couple that fell from a cliff into the sea in Forte de Beliche, Algarve. (Photo: Luis Forra / Lusa)

Monthly bills compulsory

In a law decree published this week and starting May 26, consumers will no longer be charged for water, light or gas meters. The decree also states that all utility bills will have to be charged on a monthly basis, prohibiting bi- or tri-monthly invoicing.

Invoicing from all public services will, from the end of May, be sent out on a monthly basis, avoiding that bills of two or three months accumulate, law decree 12/2008, published on Tuesday in the Government Gazette states.

The decree covers all "essential public services".

Besides water and electricity, the law considers "essential" serv-

ices such as fixed telephones, mobile communications, internet, postal services, garbage removal and sewage and waste treatment.

The period in which an essential service is cut after non-payment has been extended by two days to ten.

The decree is not limited to public entities alone and also covers private companies which supply the essential services.

The document "Fight against narcotic trafficking in Portugal" was presented by the Portuguese Drug Enforcement Agency (DCITE) at a press conference with representatives from GNR, PSP, Maritime Po-

lice and Border Control Authorities present.

The spokesman for the DCITE justified the fall in seizures of heroin and cocaine with the change in trafficking routes of drugs into the European Union.

He added that cocaine traffickers from South America are choosing Africa as a midway point instead of dealing directly to Portugal or Spain, as authorities are increasingly more efficient.

The dramatic escalation of hashish seized could have to do with the geographic proximity to Morocco, the world's largest producer of the drug, and also because it is the most consumed drug in the EU.

The largest quantities of heroin, cocaine and hashish in 2007 were claimed by PJ police

with 30,869 kilos, 6,760 and 32,282 respectively. Ecstasy seizures are down 47 percent, from 108,790 pills to 54,560.

Information shared shows that most drug-related crimes

were committed by Portuguese (4,150), followed by Cape Verdeans (363), Guineans (104), Spanish (72), Brazilians (71), Angolans (65) and Venezuelans (47), mostly being male.

Hard drug busts come down but hash on a high



According to official data released this week by the Judiciary Police (PJ), the amount of cocaine and heroin seized in 2007 lowered substantially compared to 2006. On the other hand confiscated hashish rose more than 400 percent.

EU looks to boost internet for children

The European Commission this week proposed a new so-called 'Safer Internet' programme to enhance the safety of children in the online environment.

Encompassing recent communications services from the Web 2.0, such as social networking, the new programme will fight not only illegal content but also harmful behaviour such as bullying and grooming.

With a budget of €55 million, the programme, which builds further on the successful Safer Internet programme started in 2005, will run from 2009 to 2013.

"Safer Internet is a good example of a European programme that has direct consequences on citizens' daily lives: As more and more Eu-

ropean children and adolescents use online technologies at home or at school, they, their parents and their teachers need to be informed about the opportunities and risks they face," said José Manuel Barroso, President of the European Commission.

"The EU has greatly contributed to making the Internet a safer

place for children in the past years, but the job is not finished yet," added EU Commissioner for Information Society and Media, Viviane Reding.

The proposed new programme aims to reduce illegal content and tackle harmful conduct online and promote a safer online environment, ensure public awareness.

New online marketplace launched

Sellbuy-pt.com, Portugal's new online marketplace was recently launched and allows visitors to advertise their new or old items free (a commission is levied upon the sale of an item).

Whether it is children's toys and games, electrical items, furniture, Jewellery, DVD's, books or clothes, Sellbuy says they will adver-

tise them.

The company offers a delivery service for those larger items and traders only need to photograph their items and the company will write a description and load the photographs.

For further information visit www.sellbuy-pt.com or call their helpline on 912 951 232.

Bread prices set to hit the roof



The cost of bread is set to rise by around 50 percent in the short term future, and is bound to cut into the budgets of lower class families who are believed to spend about a third of their income on cereals and bread products.

The Association for the Bread Industry and Traders (ACIP) said this week that they will have to boost the cost of bread by up to 50 percent in order to avoid widespread bankruptcies in the industry.

An ACIP spokesman explained that since 2006, the cost of raw materials (dough) has soared by between 120 and 140 percent.

Carlos Alberto adds that the cost of cereal is increasing every two weeks and companies need to "adjust prices in order to avoid closing their doors".


In addition to the spiraling cost of bread, consumption the past 24 months has fallen between 30 and 40 percent, a trend which has also been adversely affecting the sustainability of this struggling

industry.

Nutritionists have meanwhile warned that the increased cost of bread products could have repercussions on the nation's health and also hit poorer families.

Bread and cereals currently make up 2.3 percent of the Index of Consumer Prices which is ultimately used to calculate the inflation rate.

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Defence minister meets EU colleagues to review Kosovo breakaway



Portuguese Defence Minister Nuno Severiano Teixeira met his EU counterparts in Brdo, Slovenia last week to review European security missions in Kosovo after its secession from Serbia and a Chad peacekeeping force, officials said.



Portuguese defence Minister, Nuno Severiano Teixeira, President of the European defence council speaking during a news conference in Brussels last year. (Photo: EPA / Olivier Hoslet)

The EU has a 2,000-member police and judicial support mission in Kosovo and also has a 2,500-strong peacekeeping force in nearby Bosnia.

Defence ministers from the bloc's 27 member states also turned their attention to the peacekeeping force of 3,700 EU troops for eastern Chad and the

Central African Republic, temporarily suspended after resurgent conflict.

Portugal has pledged to send an Air Force C-130 aircraft and crew on a two-month deployment to the EU mission aimed to protect displaced people from Sudan's Darfur violence.

TPN/Lusa

Hydrogen energy could reduce oil consumption by 40%

A scientific project funded by the EU's research programme has found that introducing hydrogen into the energy system would reduce the total oil consumption of the road transport sector by 40 percent between now and 2050.

By taking a leading position in the worldwide market for hydrogen technologies, Europe can open new economic opportunities and strengthen its competitiveness.

But the analysis also states that transition won't happen automatically. Substantial barriers have first to be overcome, ranging from economic and technological to institutional barriers, and actions must be taken as soon as possible.

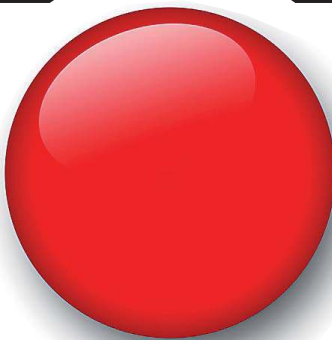
The HyWays project brings together industry, research institutes and government agencies from ten European countries.

Following a series of more than 50 workshops the project has produced a 'roadmap' to analyse the potential impacts on the EU economy, society and environment of the large-scale introduction of hydrogen in the short- and long-term, as well as an action plan detailing what needs to be done for this to take place.

The report is published as the Member States are due to give their approval of a new €940m public/private research partnership for the development of hydrogen and fuel cells.

Professor stabs teenager

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A university professor has stabbed a youth in the neck in Ermesinde claiming he acted in self defence.

Speaking after the court hearing last Wednesday, Ruben Cambada, one of the victim's friends, said: "We were walking up the street when we came across the professor. He took a kitchen knife out of a Bible, came for me but my friend stood in his way and got stabbed".

His friend is currently in hospital with a serious cut on his neck, but in a stable condition.

According to Ruben the attack happened because he resembled one of the professor's neighbours, with whom he had already had altercations.

Neighbours confirm Ruben's allegations regarding the professors, saying the professor has a very conflicting personality, one neighbour telling reporters: "The man is crazy, he is known in the neighbourhood for being odd".

On the other hand, a police source says this group of youths is already known for causing trouble, mostly petty thefts, and menacing whoever stands up to them.

In a statement given to police, the professor said he only took out the knife after he was attacked by the youths and had it in his possession for protection from them. He also stated they had been harassing and taunting him for quite some time.

The group of teenagers claim they did not attack him.

Owners of café Caravela, the local coffee shop, describe the professor as a "respectable and friendly gentleman".

At the moment he is being held under house arrest with an electronic bracelet, as a preventative measure. He is being charged with attempted murder.

Road deaths down by 30 percent

Latest official figures published this week show that the number of road deaths so far this year are down by 30 percent in relation to same period in 2007.

Since the start of the year until 21st February, 86 people have

died on Portuguese roads. When compared with last year's total of 122, this number translates into a drop of 30 percent.

The number of serious injuries also recorded a reduction, down 12.4 percent after dropping from 355 in 2007 to 311 so far this year.

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CCTV cameras will not reduce police patrolling



State Secretary for Internal Affairs has told Algarve cities, whose councils are applying for CCTV surveillance cameras, that the installation of these means will not reduce the number of police. The government has been pushing since last year to have problem areas in cities and towns across the country covered by CCTV, saying it will cover the cost of installing equipment and ensure human resources to monitor footage.

After a meeting at Faro's Civil Government with security forces and council members from Albufeira, Faro and Loulé, State Secretary José Magalhães guaranteed the installation of CCTV "is not a matter of replacing security forces" whose role on the streets is "fundamental".

As the Ministry of Internal Affairs provides monitoring staff with the new law, the State Secretary said the reason staff are being recruited by them is for "easiness and regulating" purposes, ultimately safeguarding citizens' rights.

"It is not about putting cameras in the hands of irresponsible people, but to allow the proper use of the equipment" he said.

Besides the upholding of rights and the liberties written on the Constitution, the hiring of their own staff is to "guarantee quicker approvals".

The legislation will not have a "Big Brother" effect on the community, but more of a democratic video surveillance, only being used to help citizens.

To exemplify this, the National Data Protection Commission (CNPD) will be allowed to walk in the monitoring rooms with no previous warning.

Further, should a crime be

committed, a high ranking police officer, armed with a password, will be able to view images of suspects with their faces being shown clearly.

José Magalhães says the authorities will ensure a preventative posture in the Algarve, keeping the region safe for residents and tourists.

"We can't cover the whole area with police when we have alternative means which were not available in the 19th or even the 20th Century" showing the necessity to reinforce police presence in problematic areas.

One of Magalhães' main concerns was the speed at which these projects are approved by the CNPD, not being able to give a definite date for the Algarve projects ready to be approved.

In the meantime, downtown Oporto, where a recent spate of assassinations of night club guards has generated a generalised sense of insecurity in the city, is set to be the first venue in Portugal where every movement will be monitored by CCTV.

With the plan approved for Oporto, problem areas in Guimarães have also received the green light next to install cameras.

Coimbra, Portimão and Fátima, all have pending requests

currently being evaluated by the National Data Protection Commission (CNPD).

The government has indicated that it wants to highlight the advantages of installing CCTV in problem areas, and has praised the decision by the CNPD in relation to Oporto and Guimarães.

The CNPD approved the installation of cameras in Oporto, but with a number of prerequisites, including that blurring of people's faces, that no sound recordings are made and that the cameras are only operational between 21h00 and 07h00.

In Portimão, a request has been filed with the CNPD to have cameras installed along the riverside and at the beach and nightspots in Praia da Rocha. Coimbra has asked for approval to have cameras placed in its bustling downtown area while Fátima wants CCTV cameras covering the sanctuary.

Government officials said recently that while councils will have to cover the cost of purchasing surveillance equipment, the Ministry of Internal Affairs will install the cameras free of charge and will also allocate the human resources necessary to monitor images obtained from CCTV.



Ceremony to deliver the new vehicles to GNR in front of the Jerónimos Monastery on Wednesday. (Photo: Lusa / Mário Cruz)

Thousands of fines set to be scratched following DGV re-shuffle



Nine months ago the drivers' governing body – the DGV – underwent a re-shuffle that left thousands of fines in limbo as regional offices were closed and more than 140 employees were assigned alternative jobs and responsibilities.

DGV sources have voiced their concerns over the resulting chaos, not only for the stray fines, but also for the lack of coordination between software programmes relating to drivers and their offences.

After its extinction, the DGV was transformed into two separate entities: ANSR (National Authority for Road Safety, operating solely in Lisbon) and the IMTT (Institute for Mobility and Terrestrial Transport),

which incorporates the Ministry for Public Works and caters for vehicles and driving schools, which took over the regional DGV offices.

Because of this crossover there are reportedly thousands of offences and pending fines left on the shelves of IMTT (former DGV) offices, though no one can process them as competencies have been reassigned.

One of the main problems appears to be that no one knows for sure, where drivers who have handed in their licenses following an offence can re-collect them upon completion of their prohibition.

In related news, the Ministry of Internal Affairs (MAI) this week revealed that a specially-designed team has been created to tackle some 20,000 fines issued more than two years ago, and which have not yet been processed.

Modernising the current system in terms of technology and efficiency is said to be one of MAI's priorities.

acts as a watchdog for the forces' behaviour.

The remaining 105 cases were resolved by the individuals' own accord.

To date 11 are still outstanding, with seven being the target of an official investigation.

In 2005, 39 per cent of all complaints were relating to physical assault, 8.3 per cent related to threats, 7.1 per cent to abuse of power, and 6.7 per cent to injustices.

Complaints against police on the up

According to data supplied by the General Inspection department of Internal Affairs (IGAI), the number of complaints made against officers of the PSP and GNR police forces have gone up from 480 in 2001 to 635 in 2005.

The latest summary, made public this week on IGAI's website, specifies that 530 of the 635 complaints were passed on to that governing body, which, in cooperation with the Public Prosecutor,

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President Ramos Horta touched by Portuguese concern



GNR officers during an escort operation in the Ermera district of East Timor on Monday. (Photo: Lusa / Claudio Vaz)

President José Ramos Horta of East Timor said this week, in the first words to the press since the attacks on the nation's top leaders, that he is "touched by [the concern of] the Portuguese people" and "worried about the Timorese".

Speaking to the Portuguese News Agency Lusa, through a relative, Horta stated he wishes to "know all about" the February 11th attacks on himself and prime-minister Xanana Gusmão.

On Saturday, in his first words to the press after the attacks, President Ramos Horta, who was twice shot in the back, said there will be a "thorough investigation carried out".

Speaking at the Royal Darwin Hospital, in Australia, through his brother in law, João Carrascalão, Ramos Horta said he is "touched by (the concern of) the Portuguese people", whom he thanked.

But, Horta stressed his "concern for the Timorese people".

Ramos Horta thanked Portuguese President Aníbal Cavaco Silva, "for the vehement condemnation" of the two coordinated attacks against himself, and Xanana Gusmão, who escaped unscathed.

Aníbal Cavaco Silva, on a visit to Spain, issued a "vehement condemnation" of the two coordinated attacks, describing the attempted assassinations as strikes against "the democratic institutions" of Lisbon's former Asian territory.

José Ramos-Horta, who today confessed to be "in a very good mood", regained consciousness last Thursday.

According to João Carrascalão, José Ramos-Horta "has already eaten solid food (...) by himself and is recovering very quickly". TPN/Lusa

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UN extends Timor peacekeeping mission for 12 months

The UN Security Council on Monday voted unanimously to extend the mandate of the UN peacekeeping mission in East Timor for another year, officials said. The UN's Timor mission, called UNMIT, is permitted to deploy around 1,600 police and over 30 military personnel. UNMIT's mandate was due to end Tuesday and has been prolonged until February 26, 2009, a Security Council statement said.

Lisbon will keep military cargo plane in São Tomé

Portuguese Foreign Minister Luís Amado said this week that an air force transport plane recently recalled from São Tomé and Príncipe after a ten-year deployment should return to the archipelago to be operated by the islands' military. Speaking Sunday in São Tomé during an official visit, Amado said the Portuguese Air Force (FAP) would continue to guarantee "logistical and maintenance conditions" for the C-212 aircraft to operate in the islands.

Cape Verde national carrier to launch non-stop Lisbon-Bissau service

Cape Verde national carrier TACV plans a new direct route from Lisbon to Guinea-Bissau's capital and expects to begin flights starting this month, company sources said Wednesday. TACV marketing director António Socorro told Lusa if aviation authorities in Portugal and Guinea approve the Lisbon-Bissau service it will operate from March 23 using either a Boeing 737 or 757. Cape Verde's flag flier launched a Lisbon-Bissau route last October with a stop at Sal international airport.

Ireland offers to take Timor "petitioners"

The Irish government has offered to temporarily resettle around 600 former East Timorese troops whose mass AWOL in 2006 sparked bloody turmoil in the new nation, Dili's acting president said last week. Fernando de Araújo, appointed interim head of state last week after a shooting that left President José Ramos Horta critically injured, said the offer to accommodate the sacked soldiers, known as petitioners, was made by Irish Foreign Minister Dermot Ahern, currently on a trip to Dili. "He (Ahern) said that they are prepared to accept the petitioners," said Araújo, and Ireland will host rebel troops who "want to begin a new life, for example in the private sector."

Muslim leaders oppose Bissau plans to end female circumcision

Muslim community leaders in Guinea-Bissau say government plans to abolish the custom of female genital mutilation in the predominantly Islamic state are an "affront" to their religion. In a press conference Wednesday, El Haj Abdou Bayo, chairman of the National Islamic Council (CNI) and Mustafa Rachid Djaló, chair of the Higher Council for Islamic Affairs (CSAI), said they opposed any legislation to end the "ancestral" practice of female circumcision. Any ban on female circumcision should be subject to a referendum, the Muslim community leaders said. Islam is Guinea's dominant religion claiming an estimated 46 percent of the population as worshippers. Guinea's Parliament begins debate next week on proposals from the Institute for Women and Children (IMC) to end genital mutilation of young girls. Over 4,000 females underwent genital mutilation in 2007 alone, according to the IMC.

WTO membership sparks fall in Cape Verde customs revenues

Cape Verde's customs receipts have fallen after the islands' acceptance into the World Trade Organisation, which Praia formally joins later this year, but the introduction of VAT means the drop in state revenues is not too severe, an official said last week. Jorge Borges, state secretary for the economy, said 75 percent of Cape Verde's state receipts had come from customs duties up to this year. Henceforth, these receipts will lower to around 40 percent, he added, but the launching of VAT in the archipelago will partially offset this.

UN proposes Bissau funding under its peace-building initiative

The United Nations Peacebuilding Commission says it will request funding for Guinea-Bissau following a briefing in New York by Prime Minister Martinho N'dafa Cabi on his government's efforts to stabilize the coup-prone West African state. N'dafa Cabi had travelled to New York heading a high-level team including his ministers of defence and finance. He told the UN commission, chaired by Brazilian diplomat Luiz RIBEIRO Viotti, that Bissau still faces a range of "challenges."

Lufthansa starts Frankfurt-Luanda service in April

German airline Lufthansa will open a route from Frankfurt to the Angolan capital in April company sources said. Joachim Steinbach, Lufthansa's vice-sales director for Africa, said the Luanda route was part of a strategy to link Germany with oil-producing states. The new weekly service opens April 1 and will be operated by an Airbus A-340-300.

President to visit Brazil

Portuguese President Aníbal Cavaco Silva visits Rio de Janeiro at the end of next week to assist celebrations marking the 200th anniversary of the temporary transfer of Portugal's royal court to the city during the Peninsular War.

President Cavaco Silva will visit Rio from March 6-9 and jointly open an exhibition entitled "The New World, a New Empire - The Portuguese Court in Brazil" with counterpart Luiz Inácio Lula da Silva at Brazil's National History Museum.

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EC presents possible far-reaching measures on VAT to better combat fraud

The European Commission has this week adopted a communication on possible far-reaching measures to combat VAT fraud.

The measures in question are the introduction of taxation for intra-Community supplies and the introduction of a generalised reverse charge. Both systems have the potential to considerably reduce the phenomenon of 'missing trader' fraud.

However, both also pose potential problems that would need

to be examined further before either system could be agreed.

The taxation of intra-Community supplies of goods could create competitive cash flow disadvantages for businesses trading in the internal market and would require the re-allocation of VAT revenues between Member States.

As regards the possible introduction of a generalised reverse charge system for domestic transactions, the Commission insists that this could only work effectively

if it was applied uniformly across all Member States and it should not be made available as an optional system. However, given the dearth of experience with such a generalised system, the Commission is not opposed to a pilot project being launched by a willing Member State, provided that certain conditions are met.

László Kovács, Commissioner for Taxation and Customs, said: "The system of taxing intra-Community supplies and a gen-

eralised reverse charge system both present advantages in the fight against MTIC fraud. However, the lack of empirical data and the need to preserve national budgets from other, new types of fraud oblige us to be very cautious in proposing changes to the current VAT system. Before continuing work in this area, political steering is needed to ensure that Member States are prepared to accept the consequences of any radical change."

Reciprocal investment protection pact inked with Portugal

Portugal and Angola signed a bilateral investment accord aimed to boost reciprocal business ventures, officials said.

The investment protection accord, aimed to "encourage and create conditions" in each state for investment by firms from the other, was signed in Luanda by visiting Portuguese Foreign Minister Luís Amado and Angolan counterpart João Miranda. The two Lusophone diplomats also signed a pact for six-month recognition of each country's driving licences.

Amado arrived in Luanda last Thursday on a three-day

visit for talks with Angolan leaders aimed to consolidate existing vigorous economic co-operation between the two Lusophone states.

Portugal's top diplomat departed Luanda for an official 48-hour visit to São Tomé and Príncipe from Sunday and met the archipelago's leadership for cooperation talks, the Lisbon Foreign Ministry said in a statement.

Amado also travelled to Equatorial Guinea and Gabon on official business before returning to Lisbon on Wednesday.

TPN/Lusa

EU economic growth to slow, says interim report

Economic growth in the bloc is expected to slow to two percent this year – down 0.4 percentage points – as world financial markets grapple with ongoing financial turmoil.

The global economic outlook remains unusually uncertain at the start of 2008. European economies have been weathering the storm fairly well, but lower growth and higher inflation could be on the way, says the latest EU economic forecast.

Europe's best option is to "maintain the course of struc-

tural reforms, sound and stable macroeconomic policies, and to deliver rapidly the follow-up actions to the financial turmoil, as agreed," said EU economic and monetary affairs commissioner Joaquín Almunia.

The outlook for the seven largest EU economies (France, Germany, Italy, the Netherlands, Poland, Spain and the UK) suggests the slow-down will be short-lived – provided there is a rapid upturn in the US economy. Growth is expected to pick up again in the second half of 2008.

Increased food and energy prices have driven the recent rise in inflation – from 2.3% in 2007 to 3.2% in January this year. If these prices taper off, the EU's overall inflation figure should ease back to around 2.5% by the end of 2008.

In a bid to boost growth, the EU is eyeing the "carbon challenge" as a potential source of new business opportunities. Commission president José Manuel Barroso will join business and political leaders, NGOs, the media and academics at the annual European business summit to share visions and solutions on climate change, energy and eco-innovation.

Portugal's Galp Energia seeks oil exploration partnerships in São Tomé

Top executives from Portugal's Galp Energia fuel company met this week with President Fradique de Menezes of São Tomé and Príncipe to discuss partnerships in hydrocarbons exploration in the islands, officials said.

Galp CEO Manuel Ferreira de Oliverira told Lusa that he had come to São Tomé to hear "at first hand" the plans of the archipelago's new government to develop offshore oil and gas resources.

São Tomé's new oil minister, José da Graça Diogo, told Lusa that Galp "is seeking information for a possible partnership" with the islands

to explore for hydrocarbons. Such a joint venture, added the minister, could be expanded to include Angolan and Brazilian state energy firms Sonangol and Petrobras, respectively.

Galp, Sonangol, and Petrobras are also assisting São Tomé in the creation of Petrogas, the islands' future state energy enterprise, said São Tomé's oil minister.

Europe boosts industrial research in Nano-electronics

An unprecedented € 3 billion will be invested in nanoelectronics, with the launch this week of a major Joint Technology Initiative (JTI) endorsed by the Council of Ministers and by the European Parliament at the end of 2007.

This initiative, called ENIAC, is a new public-private partnership which targets nanoelectronics, the technology that enables increasingly high levels of miniaturisation in the myriad of applications and high-tech products which are emerging today.

The Governing Boards of this ENIAC – where public and private stakeholders take decisions jointly – meet for the first time in Brussels today.

"Today, it is the smallest technologies that are taking the largest leaps forward, and our industries must do the same", said Viviane Reding, EU Commis-

sioner for Information Society and Media.

"The possibilities offered by nanoelectronics are only limited by our imagination. They underpin all aspects of everyday devices and so concern everyone in Europe. ENIAC which has a budget of € 3 billion over 10 years is a concrete way to ensure that such a key industrial sector continues its strong economic growth, right here in Europe. It is only thanks to the support received for ENIAC from the European Parliament and from the Council that we can launch this new research initiative today".

Europe speeds up industrial research in micro-computers



The European Commission has launched a major Joint Technology Initiative (JTI) called ARTEMIS.

With an unprecedented investment of € 2.5 billion, this initiative, that has been endorsed by the Council of Ministers and by the European Parliament at the end of 2007, addresses embedded computer systems that – while running almost unnoticed by users – improve the performance of all kinds of machines: from cars, planes and phones, to factories, washing machines and televisions. The Governing Boards of ARTEMIS – where public and private stakeholder take decisions jointly – met for the first time in Brussels today.

"Invisible computers embedded in all devices of industrial application can have a tremendously positive impact on Europe's economy", said Viviane Reding, EU Commissioner for Information Society and Media.

Three more FNAC stores in 2008

Electronics and appliance outlet FNAC announced this week it will be opening three more stores in Portugal up until the end of the year.

The first opening will take place next month in Viseu, followed by the inauguration of stores in Lisbon and Matosinhos in the second

half of the year.

A spokesman for the French-based company said that by 2011, FNAC is looking to open five additional outlets.

The first FNAC store in Portugal opened in 1998 at the Colombo Shopping Centre, followed by a further 11 since.

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Rosy outlook for EU job market



Millions of new jobs and lower unemployment expected as national reforms begin to take effect, but young people are still losing out.

The Commission's latest employment report paints an encouraging picture, forecasting 5m new jobs in the EU by 2009, on top of the 6.5m created in the last two years. Unemployment is expected to fall to under 7% this year, bringing the number of jobless down to its lowest level since the mid-1980s.

"Recent labour market reforms are beginning to show an impact" said jobs commissioner Vladimír Špidla. "Structural unemployment has fallen by one third since 2004 and the EU employment rate, currently at 66% has moved much closer to the overall target of 70%."

Half of EU countries (as compared with just a few in 2006) are now actively working to achieve greater flexibility in the labour mar-

ket combined with greater job security. The "flexicurity" approach aims to make labour markets more responsive to globalisation, reduce structural unemployment and ease the transition to a more open labour market.

Although more women and older people are in work, problems remain, with youth unemployment averaging 17.4%. This is a persistent concern for many EU countries, as young people are still more than twice as likely to be unemployed as the average for the workforce as a whole.

Part of the problem is that nearly one in six young people drop out of school early. The EU is looking to reduce this number, recommending increased investment in education and training to boost attainment levels.



Siemens Chief Financial Officer Joe Kaeser (R) and personnel director Siegfried Russwurm (L) inform the press at the headquarters of the German conglomerate in Munich, Germany, 26 February that it plans to cut up to 6,800 jobs worldwide in connection with the planned sale of its telecoms segment SEN. Some 2,000 jobs are expected to be axed in Germany and 2,000 in other countries as well as 3,000 as a result of outsourcing. (Photo: EPA/Frank Maechler)

How to get the maximum value out of your UK pension



Are you a British expatriate who has retired in Portugal? Would you like to make the most of your pension? For most of you, your pension provides the lion's share of your income in retirement on which you will depend for income.

During your working life you or your employer will have contributed to your pension, to build up its value for exactly this moment – the time to relax and enjoy your retirement free from financial worries. For these reasons it is important to get the maximum possible out of your hard paid for pension.

UK pensions can be restrictive. There are regulations which prevent you from taking all of your pension money at a time that suits you. There are restrictions on when you take your benefits and usually you have to buy an annuity when you reach 75. The UK government set these restrictions to prevent people from squandering their pension pot and then having to rely on the State. Unfortunately this means that if you were to die before you were able to enjoy the full benefit of your pension, its value is lost, for you and for your heirs.

Now, much of that has changed for the British expatriate. There is an exciting new international pension scheme available that permits UK non-residents to transfer their pensions out of the UK and the advantages are indeed attractive. A Qualifying Recognised Overseas Pensions Scheme (QROPS) is accessible if you are planning to move abroad, or have already left the UK, and have notified HM Revenue & Customs (HMRC) that you are no longer a tax resident in the UK. You must then remain a UK non-resident for five consecutive UK

tax years before being completely removed from UK rules and taxation on your pension.

You can transfer your pension into a QROPS as you leave the UK, or at any time after you have left the UK. If you have already been a UK tax non-resident for say, two years, you can transfer your pension into a QROPS, where it needs only to remain for three more years. If you have been UK tax non-resident for five years, you may transfer your pension into a QROPS and then immediately out again, free of UK tax. You may decide to place the funds into another retirement plan, or a structured portfolio possibly, under the umbrella of a trust, or take it all as cash.

The QROPS must comply with HMRC's reporting requirements and the rules as to how and when benefits are taken during the qualifying five years, after which UK tax legislation no longer applies. However, money drawn from the pension fund in this way will be liable for tax in your new country of residence, so care must be taken at this stage as to how you take your benefits. A properly constituted pension plan is treated very favourably from a tax perspective in Portugal. There is no tax to pay unless withdrawals are taken, and the pension can be structured so that minimal Portuguese taxes are paid. A tax specialist with expert knowledge of both the UK and Portuguese tax systems will be able to advise you on how you can



Jane Goodall, Director – International Pensions Blevins Franks

legitimately mitigate the tax liability.

The key advantages of a QROPS are:

§ No annuity required

Annuities generally represent poor value and are inflexible. On your death your pension dies with you.

§ No UK inheritance tax

Pension rights transferred into a QROPS are shielded from UK inheritance tax. You can designate who you wish the beneficiaries of the fund monies to be – free of the restrictions of probate, often a very lengthy process.

§ Currency of choice

You can avoid exchange rate risk by selecting in which currency you wish to take your pension income. It can be taken in Sterling or Euros or indeed, in any other currency to suit your circumstances.

§ Flexibility

QROPS are very flexible as to how and when you take your income.

§ Most pensions qualify

Most types of UK pension schemes qualify – including protected rights – even if you are already taking an income from them. If you have changed employers during your working

Liberate your UK pension

Exporting your UK pension fund – QROPS

New UK legislation enables expatriates with existing UK pensions to transfer them out of the UK into more tax friendly jurisdictions. This can result in increased flexibility in the manner that pensions can be taken in retirement and potentially lower the tax paid on them. UK expatriates will be able to avoid the annuity trap and leave their pension funds to their heirs on death.

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life you can pool all the different pensions you have accrued for transfer into a QROPS. However, unfortunately you cannot transfer if you have already purchased an annuity or

begun to take benefits from a Final Salary Scheme. A UK state pension does not qualify either.

*Jane Goodall, Director
International Pensions
Blevins Franks*

To keep in touch with the latest developments in the offshore world, check out the latest news on our website www.blevinsfranksinternational.com

Stereotyping Russia

The coronation of Dmitri Medvedev as Vladimir Putin's anointed successor, by means of a presidential election on Sunday whose outcome is a foregone conclusion, has unleashed the usual deluge of stereotypes about "the Russians" in the Western media. They are backward, they cannot ever escape from their dreadful history, they are "different from us." They are "reverting to type," and the next stop is a new Cold War.



Russian President Vladimir Putin (R) speaks with First Deputy Premier and presidential hopeful Dmitri Medvedev (L) in Moscow's Kremlin 28 February 2008. Putin has given his chosen successor an extra boost ahead of Sunday's election. Putin says Dmitri Medvedev has done a good job tackling a challenging task he assigned his protege a couple years ago: high-priority efforts to improve health care, education, housing and agriculture in Russia. (LUSA/EPA/ALEXANDER ZEMLIANICHENKO/POOL)

A striking example of this kind of reporting is provided by British journalist Jonathan Dimbleby, who spend a whole eighteen weeks travelling in Russia for his new book "Russia: A Journey to the Heart of a Land and its People." In a newspaper piece promoting the book, Dimbleby writes: "I have returned more aware than ever before that the Russian people are not like 'us'. In a fundamental way, they neither belong to the West nor share Western values."

In a fundamental way, Dimbleby is talking nonsense, but it's true that the Russians have been through a very bad time recently and that their scars are showing. That's why the election of Medvedev as the new president amounts to a coronation, and why most Russians wouldn't have objected if Putin had simply declared that Medvedev would take over without a vote.

It may even be the case that Putin's promise to serve Medvedev as prime minister is mainly meant to reassure the Russians that there will be no surprises. This promise has been universally interpreted in the Western media as a stratagem to let Putin cling to power while formally observing the two-term constitutional limit on the presidency, but he may not actually want to cling to power. (At his farewell press conference, Putin said that being president was about as much fun as being away on "an eight-year business trip.")

Putin's eight years in office gave Russians stability and a measure of prosperity after the political chaos and economic banditry of the 1990s, and they don't want to lose that. The experience of the 90s is also why a large majority of Russians show no great enthusiasm for "democracy," or even openly reject it.

It often shocks visiting foreigners when Russians talk like that, but what they mean by "democracy" is really "the way Russia was under Yeltsin." That was a place where inflation wiped out the savings of the whole middle class, where well-placed members of the old Communist nomenclatura and their clever young neo-capitalist allies "privatised"

large chunks of the economy into their own pockets, and where elderly people who had worked hard all their lives went cold and hungry.

It was humiliating to be Russian under Yeltsin. Powerful foreigners treated the country almost as a colony, and Yeltsin went along with it.

The elections were manipulated just as much then as they are now, but then the manipulation was being done at the behest of foreigners who wanted to keep Yeltsin in power. Of course Russians don't want that sort of "democracy"—and they have never known any other sort.

Does that mean they are not "Western"? Of course not.

Look at their art and music and literature, look at the way they behave towards one another, look even at their religion, which survived over seventy years of official atheism under the Communists virtually untouched: about the same proportion of people in Russia are observant Christians as in France or Canada.

Russian politics are different, at least for the moment, but Spain was still Western under Franco, and Germany was still Western even under the Nazis. Russia may move towards democracy once the traumas of the recent past have healed, or it may not, but it remains a part of the West. It will be no less so even if it slides into a military confrontation with the rest of the West (like France did in the early 19th century, and Germany in the early 20th).

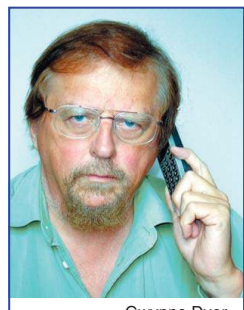
If that should happen, it will be at least as much the fault of the United States and Western Europe as it is of the Russians. NATO formally promised the old Soviet Union that it would not expand into Eastern Europe if Russian troops were withdrawn from the former satellites, and then it broke its promise.

The United States unilaterally withdrew from the Anti-Ballistic Missile Treaty it had signed with Moscow, and is now planning to install exactly that kind of missiles in Poland on the pretext that they are needed to intercept the long-range rockets that Iran doesn't have, carrying the nuclear warheads that Iran doesn't have either. Nobody in Russia believes that story, and neither do I.

Most recently, the larger Western powers partitioned Serbia and recognised the independence of Kosovo in defiance of passionate Russian protests and of international law. It may have been the least bad remaining option, but Russians are quite right to think that it shows a contempt for their state and its interests in Washington, London, Paris and Berlin.

Even so, with any luck there will not be a new Cold War. With enough time, there may even be democracy in Russia. In the meantime, most Russians are reasonably content with their lot, and the oil wealth that is the main reason for their new-found prosperity is being invested in ways that will ultimately enable Russia to re-emerge as a fully modern country with a viable and competitive economy. There is no need for panic.

Gwynne Dyer is a London-based independent journalist whose articles are published in 45 countries



Gwynne Dyer.

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Timetable re-write rejected by traders

Bairro Alto's bar owners and patrons have contested a proposed alteration to current closing times put forward by Lisbon city hall supposedly to increase safety in the popular area.

Bairro Alto is renowned for its historic architecture, traditional atmosphere and happening nightlife, making it one of the capital's most popular hot spots, for residents and visitors alike.

Should this proposal, which is presently in public discussion until February 29, be approved, cafés, restaurants and shops will be attributed a 24h00 closing time, every day of the week. Bars and traditional Fado venues will have to close at 02h00, with discos, nightclubs and other venues with dance floors having a 04h00 curfew.

In total, it will cut short many establishments' current trading hours by at least two hours.

Local traders and establishment owners defend that reducing closing times will not help reduce criminal activity in the area, and that a more active policing will.

One Bairro Alto resident and bar-worker said, "Closing earlier won't solve anything. The problems happen after closing

times and there is no policing then, when it is most necessary".

A bar proprietor also pointed the finger at the lack of policing as being the main cause of problems, and considered the government's proposal as being "far-fetched from reality".

"There is no other area in Lisbon that offers such a diverse nightlife, where punters can find more than twenty different bars and restaurants on one street alone. Cutting back on trading hours will only hinder the city, not improve it".

Despite noise being another major issue, many local habitations still have their original windows and window frames, which bar owners do not consider being their responsibility.

Locals unanimously decided that more police patrolling is the most adequate answer to making the area a safer, quieter one.

Bar brawls, delinquency, gang rivalry, drug trafficking and general disturbances tend to be Bairro Alto's main down points.

Even so, as stressed Américo Martins, a Bairro Alto bar owner for more than 17 years, "this proposal is not only bad for traders, but also for the city's economy, as this area attracts many tourists".

Back to basics



Very few people still use the old washhouses to wash their clothes, however, some people prefer to do their chores the old fashioned way. Pictured above are local school employees from Carnide, using one of the last public washhouses in the Lisbon area. (Photo: Tiago Petinga / Lusa)

Four detained for city robberies

Four youths aged between 18 and 24 were caught red handed last week whilst attempting to raid a home in Parede, Cascais. Police have confirmed the same suspects may be responsible for robberies in Cascais, Oeiras and Lisbon.

According to a source of the Lisbon Metropolitan PSP police, while their arrests were proceeding a car was also

seized, as well as a crow-bar and gloves.

All of the items stolen from the residence were recovered, amongst which were mobile phones, pens, watches, and various pieces of jewellery.

Police also said it was the crew's modus operandi that led them to be linked to other house robberies, in Cascais, Oeiras and Calvário - Lisbon. They are also

thought to be responsible for at least one car theft.

A warrant was issued to search 'The suspects' residences and more items were found, later identified as belonging to the four afore-mentioned incidents, if not more. A 6.35 millimetre pistol was seized, an alarm gun, 15 mobile phones, and 6.801.300 Angolan Kwanza (€6,801.30).

During the house searches a

range of IT software was also seized, along with five DVD players, rooted and portable sound systems, pieces of jewellery, numerous watches and pens, items of clothing, and €210 in cash.

Following the arrest of the four youths, a fifth, 28-year-old male suspect was detained, thought to be the receiver of the stolen goods. A search on his

place of residence resulted in the apprehension of eight mobile phones, three TV sets, three car radios, two DVD players, a range of computer software, rings, and gold necklaces.

The four initial suspects await their trial, being subject to mandatory check-ins at their local police station. The fifth suspect has already been tried and is awaiting his sentence.

Petition for radar removal

A committee designated to follow the progress and effects of Lisbon's radars is currently studying the possibility of removing a number of them after a petition comprising more than ten thousand signatures was handed in to the City Hall this week.

The petition requests that the legal speed limit in the Marquês tunnel, the João XXI tunnel, and the Almirante Gago Coutinho, Ceuta and Marechal Spínola be raised from 50 to 80 kilometers per hour. This would render their respective radars ineffective, resulting in their subsequent removal. Fernando Penim Redondo, instigator of the petition, is also a member of the designated committee that evaluates the effects of the 21 radars distributed around the capital.

Fully operating since July 16th, 2007, the 21 radars registered 261,728 offences between June and December last year, the majority of which took place in the Marquês tunnel.

MotorClassic Show at Lisbon's FIL

The best classic vehicles in existence will be shown in Lisbon on the 11th, 12th and 13th of April, with around 42,000 visitors expected.

Considered the biggest Portuguese event related to classic cars, the 13,000 square metre area is expected to be filled with some of the most prestigious cars in the world.

Every year more and more people have been appearing at the event, in 2007 numbers were well over the expected. During the three days of the event over 38,000 people passed through the gates and this year even more people are expected.

There will be car stands, classic motorbike stands, part suppliers, small specialised workshops, institutions, museums, associations, rallies, collectable miniatures and auto furniture for the aficionados and as pre-

vious editions, there will be several foreign exhibitors.

The celebration of 70 years since the birth of the Beetle will be demonstrated by the theme "VW Beetle- 70 years, 70 cars" where people will be able to see the history of the world renowned car which stopped production in 2003. Bugatti will also have several featured vehicles, such as the Type 52-Baby Bugatti and the T35 which is considered the best racing car of all times with a total of 1850 victories in competition.

There are six main sponsors at this event, Mercedes-Benz, BPI, ACP (Automóvel Clube de Portugal), SOV, Tondela and Lisbon Town Halls. Tickets cost €8 for adults and €3 for children.

For more information on the event please go to website www.motorclassico.com.

Lisbon food bank biggest and best

According to the European Food Bank Federation, Lisbon's Food Bank is the biggest and most efficient of 230 food banks existing in 18 different European countries.

According to the federation, it is also the best organised and the one that gathers most products to be distributed.

Isabel Jonet, president of the Lisbon Food Bank, said, "In 2007 the bank collected more than 9.600 tonnes of products, the same amount as was achieved in the whole of Belgium".

There are currently 13 food banks in Portugal, distributing food to more than 219,000 people through 1,200 different charitable institutions (food banks do not distribute directly to the consumer).

In Lisbon alone the bank feeds more than 63,000 people.

"This does not mean that in

Lisbon there are more poor people, it means that we have a greater capacity to respond to the needy", said Isabel Jonet.

Three more food banks are soon to open, in Braga, Viseu and Funchal.

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Gospel coming to Algarve in June



The Lake Shore Gospel Choir will be performing in the Algarve.



This summer the Algarve will host the Lake Shore Gospel Choir from the Lake Shore Baptist church, Lake Dallas, Texas. From June 21st – 27th the choir is available for private functions and events, with a number of venues already being confirmed.

It is the second time the Lake Shore Gospel Choir will perform in the Algarve, though it is the first time the 20-strong group will be performing in their own right.

A 'summer concert' in Vale Judeu has been confirmed, as well as performances at the International Christian Fellowship in Portimão.

Boasting a diverse repertoire of contemporary praise songs as well as old school gospel, the choir is part of the 250-strong congregation that worship at the Lake Shore Baptist church, led by Pastor Ed Miller.

As well as mission trips in China, Peru and Brazil, this year

the Lake Shore Baptist church also hopes to hold a 'Summer sports camp' in the Algarve. During their stay in Portugal, members of the church will be organising activities for youths, like basketball and other sports games, as well as visiting orphanages in Lagos and Portimão, where they will entertain the children.

For more information, contact David Borgan, of the International Christian Fellowship, on: (+351) 282 461 985, e-mail: david@boran.info, contact Pastor Miller via e-mail at: ed@lakeshorebc.org, or see website: www.lakeshorebc.org.

Pitt Bull attacks boy of 12 in Lagoa

Last week a 12-year-old boy was viciously attacked by a wayward pet pit-bull in Lagoa, his little finger being ripped off and both arms and wrists being savagely bitten.

The dog's owners have defended that their pet escaped from its confines unnoticed, slipping out through the private property's gate, randomly roaming the city centre's streets before pouncing on the boy at around 15h00.

Locals says the dog is owned by a man aged around 30, though according to the

GNR the animal is registered in the name of the man's mother.

Currently being held in the local municipal kennels, the dog awaits a decision from the Portuguese Veterinarian Board, which is considering the case before deciding whether to return the animal to its owners or have it put down.

According to Captain Jorge of Évora's GNR, to whom the case was assigned, the dog did have all necessary documents and the requisite chip (com-

pulsory for dogs considered of dangerous breed), though it was not insured.

This alone entails a fine and it is not known whether further charges will be made for the dog roaming free on the streets, another offence. To their defence, the owners argue the dog 'escaped its confines' unbeknown to them.

After being assisted on the scene by emergency medical units the boy was taken to Portimão's Barlavento hospital before later being trans-

ferred to Lisbon's Santa Maria.

None of his vital organs were affected in the attack, though the boy will receive plastic surgery, possibly to re-attach his amputated little finger.

This is the second dangerous dog attack in the Algarve in as many weeks, the first having taken place the week before, on February 14th, when a 20-month-old child was mauled by the family pet Rotweiler, leaving the girl with serious injuries.

High tension power lines to cover eastern Algarve's countryside

REN (National Energy Networks) have revealed that by 2010 most of the eastern Algarve's interior will be covered with high tension power lines, from Tunes all the way to Spain.

There is also a substation to be built in Tavira, working as a midway point from the Andaluzia line and the Algarves'.

These new power lines, at 400kV, will find their way into many residents backyards, some of them being less than half a kilometre away from populated areas.

Five councils from the Algarve and one from Alentejo have until the 4th of April to put forward formal complaints on findings of the EIA (Environmental Impact Study).

So far the EIA has not received any formal complaints, as opposed to what happened in Silves

when a similar plan was scrapped due to strong opposition from the population.

The Algarve is a region that has been registering a large increase in electric consumption, with rates higher than the national average, making this connection with Spain justifiable for economic reasons and also for improving current resources, REN argues.

The company says it has extensively studied all options available and the current route north of the A22 motorway is the best, affecting the least number of people possible.

Also at stake is aviary life, with lines crossing Special Protection Zones where birds nest, having negative effects on the already low population of protected species such as the Bonelli eagle.

Building licence requests sky rocket just before new laws are enforced

The number of requests for building licenses on the coastal stretch of the Algarve doubled in the 18 days preceding the implementation of new laws in the Regional Plan for Development in the Algarve (PROTAL) it emerged this week.

The new law, which took effect on the 19th of December 2007, prohibits construction within a 500-metre stretch from the sea. Previously there was no prohibition, but PROTAL appealed for "common sense" to be used in applying legislation.

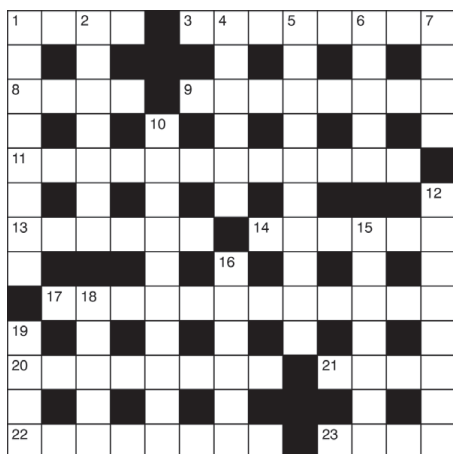
Out of the 800 requests made from the 1st to the 18th of Decem-

ber, one land owners' "considerable reason" was the fact he had no more land to build on and the land was not located in an urban area.

Besides the 500 metre distance legislation, there is also another one that states between 500 and 2,000 metres distance, out of urban surroundings, construction is limited to buildings for tourist developments only.

In the whole coastal area of the Algarve, the first 500 metres only have 1.3% of free construction area remaining and between the 500 and 2,000 metres that value rises to 10.7%.

The Portugal News Crossword No. 181



QUICK CLUES ACROSS

1. Needy (4)
3. Innocuous (8)
8. Goldfish (4)
9. Debar (8)
11. Matchless (12)
13. Incursion (6)
14. Uncomplicated (6)
17. Detachment (12)
20. Made stable (8)
21. Renown (4)
22. Shy (8)
23. Minus (4)

DOWN

1. Ban (8)
2. Functionary (7)
4. Overseas (6)
5. Done by habit (10)
6. Peer (5)
7. Appear (4)
10. Envoy (10)
12. Stinginess (8)
15. Secret (7)
16. Mask (6)
18. Sluggish (5)
19. Employer (4)

QUICK SOLUTIONS No. 180

Across: 1 Circumspect; 9 Retinue; 10 Lance; 11 Purge; 12 Languor; 13 Nicety; 15 Friend; 18 Utensil; 20 Shunt; 22 Tense; 23 Cluster; 24 Prematurely.
Down: 2 Inter; 3 Connect; 4 Meekly; 5 Pylon; 6 Consume; 7 Propinquity; 8 Depredators; 14 Cleaner; 16 Rescuer; 17 Elicit; 19 Steam; 21 Until.

su do ku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it. There's no maths involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. It's fun. It's challenging. It's addictive! Solving time is typically from 10 to 30 minutes, depending on your skill and experience.

			1		8		7
		5					3
2			4		5	6	
	5	2	7				
3					7		
			3	5	6		
1	8		7			9	
5				3			
9	2	8					

Last weeks solution:

6	8	1	9	4	2	3	5	7
4	7	9	1	3	5	2	8	6
3	5	2	8	6	7	1	4	9
5	4	7	3	2	1	9	6	8
9	6	3	7	5	8	4	2	1
1	2	8	6	9	4	5	7	3
8	1	5	4	7	3	6	9	2
2	3	6	5	8	9	7	1	4
7	9	4	2	1	6	8	3	5

For tips on how to solve Sudoku puzzles, browse the forums, go to www.sudoku.com

Rui Veloso made godfather of Faro children's home



The well-known Portuguese singer Rui Veloso was this week appointed as the honorary godfather of the Refúgio Aboim Ascensão children's home in Faro.

The Refúgio is widely considered one of the most important Social Solidarity Private Institu-

tions in Portugal that gives shelter to young children from broken families or victims of violence.

The institution has the capacity for 95 children, from newborns to five year olds, and has a team of 118 staff who take care of all the children delivered to them by Courts, Hospitals, Protection Committees and Social Security.

Rui Veloso visits the refuge on a regular basis, and was recently offered to be the official "Godfather of Refúgio Aboim Ascensão".

He accepted the honour, saying: "To be the godfather of this unique institution, which so many children benefit from..., is a touching and satisfying moment for me", adding: "Knowing that about 40 of these children are adopted annually, to have a future in a normal family, is also a confirmation that this team I am now officially joining gives its best to each child".



Portuguese singer Rui Veloso (pictured right) was appointed as the honorary godfather of the Refúgio Aboim Ascensão home in Faro.

March booked up with laughter

Throughout the whole month of March, Lagoa's 'Humorfest' will bring various successful shows to the Lagoa auditorium.

From the 7th to the 30th of March there will be eight plays, already successful in Lisbon and other parts of the country, showed in Lagoa's Council Auditorium, including "All of William Shakespeare's plays in 97 minutes", "The Bible-all of Gods word" and "My boy", the group Commedia a La Carte and more.

Several famous actors will be

performing and one of the high-lighted shows is the Commedia a La Carte with César Mourão, Ricardo Peres and Carlos Cunha who improvise the whole show on stage working together with the public, often creating hilarious moments.

To finish the 'Humorfest' exhibition is "Hurray for the magazine" where social and political criticism is cleverly put into humour.

All of the shows start at 21.30 except the last one which starts at 15.00.

Aer Lingus inaugurates new Faro-Belfast route

As of Tuesday this week, those wanting to travel from the Algarve to Ireland now have a new option with Aer Lingus' recently inaugurated route from Faro to Belfast.

Carrying 100 passengers, the maiden flight, inbound from Belfast, touched down in Faro a little earlier than its scheduled time of 10h00. It was welcomed in the Algarve with the mandatory spraying of the aircraft, passing through the ceremonial arch of water before docking in its newly designated bay.

Flight EI 72 Belfast-Faro was the first of what the successful,

government-founded Irish airline hopes to be many flights.

Already operating routes from Faro to Dublin and Cork, with connections to many other destinations including the Middle East, USA and all over Europe, Aer Lingus is not only the Emerald Isles' national carrier, but also one of the earliest, being founded by the government in 1936. Operating to a low-cost model, it currently has five direct routes to north, central and southern Ireland from Portugal (Lisbon, Faro and Funchal), with a regular, connecting Lisbon - New York flight. In total, the airline flies to

70 destinations on a regular basis.

From Faro, the new route will be available three times a week, Tuesdays, Thursdays and Saturdays, departing at 10h55. Any-one booking between now and early April can expect to pay a promotional price of around €63 per person, each way, including taxes.

This new route is a clear sign of how the Irish market is prospering in Portugal, particularly the Algarve. As a tourism sector it is thriving, with a healthy residential population, though the majority of Irish nationals opt for making Portugal their second home.

As a €150 million investment, Aer Lingus' Faro-Belfast route aims to open the Algarve's 'door' as a destination even wider to the Irish market, and vice versa. Due to Ireland's ever-growing affinity with the Algarve, it has been suggested Faro may even be in the running to become one of the carrier's European bases.

According to Aisling Lyons, Aer Lingus sales manager for Iberia and the Nordics, the company strives in every way possible to adhere to their slogan 'Enjoy your flight', making all aspects of the flight, from checking to arrival, as easy and comfortable and as enjoyable as possible. Ticket reservations can be made on-line, through agencies, or at the airport desk.

As a relatively unexplored destination, with these low-cost prices, Aer Lingus hopes to make Ireland a very attractive, appealing and indeed affordable one.



Aer Lingus Iberia and Nordic sales manager, Aisling Lyons, with Faro airport director, Engº Correia Mendes.

Women's world day of prayer



Women through the world will be worshipping and praying together during the Women's World Day of Prayer on March 7th at St Luke's Church of England at Monte da Palhagueira from 11am.

This year the Christian women from Guyana have prepared the Service. Prayers will commence at sunrise and end at sunset. Many women of Guyana still bear the marks of those who experienced and the system of indentured labour, with the imperialism and discrimination that involved.

In recent years, women in Guyana have been Prime Minister, President, Chief Justice, Director General of

the Foreign Affairs Ministry, as well as holding many other positions at home and in the International organisations. However, domestic violence and human trafficking remain a problem in the country. The Women's World Day of meetings contribute to strengthening the dignity of women.

You are warmly invited to attend our Service at St. Luke's Church at 11 am on Friday, 7th March.

Third annual cycling trip from Lagoa to Portimão

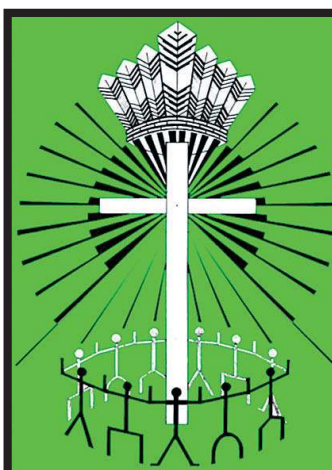
Enrolment is now open for anyone wanting to participate in the third annual bike ride, from Lagoa to Portimão, jointly organised by the Lagoa and Portimão city halls and which will take place on March 16.

Enthusiastic cyclists over 12 years of age are offered the opportunity to join in the group trip, which will depart from Lagoa's Jacinto Correia sport pavilion, at 10h00.

Those signing up must pay a €12 enrolment fee, including en-route snacks, lunch at the Pedra Mourinha recreation and sports club, a t-shirt and insurance, and bring their own bike and helmet.

For more information, see www.cm-lagoa.com, call telephone: (+351) 282 380 443 or fax 282 341 314.

Enrolment forms must be completed and sent off before March 12th.



Men, women and children are all welcome at the

WOMEN'S WORLD DAY OF PRAYER
presented by the women of Guyana

6pm Friday 7th March

Carvoeiro Clube de Tennis

Carvoeiro

followed by a Faith Supper

35th anniversary of the *Confrérie de la Chaîne des Rôtisseurs* in Portugal

The *Chaîne des Rôtisseurs*, the oldest gastronomic association in the world, founded in France in 1248

under the reign of King St. Louis as the 'Royal Guild of Goose Roasters', celebrated the 35th anniversary of the foundation of the Portuguese Bailliage last

week-end under the Presidency of the *Bailli Délégué* of Portugal and *Conseiller Magistral*, Anibal Soares, with the participation of 60 *Confreres* and guests, including several founder members, who had assisted the first Gala Dinner and the first friendly lunch held in the Algarve on February 17th and 18th, 1973.

The Gala Dinner took place recently at the restaurant Vivendo in Meia Praia under the supervision of Karin and Vincent Winiker, both long standing members of the *Chaîne des Rôtisseurs*, and owners of Vila Palmeira. The meal, reproducing the exact dishes served 35 years ago at the original dinner, was outstanding as expected from one of the best restaurants in the Western Algarve.

The lunch on Sunday 17th was at the Hotel Alvor Praia, the exact place where it hap-

pened 35 years before, and again, the menu was exactly the same as served 35 years ago. Guests included António Pina, President of the *Região de Turismo do Algarve*, as well as no less than 4 of his predecessors, all *Confreres* of the *Chaîne des Rôtisseurs* (including Dr. José Pearce de Azevedo, British Consul for many years, and his wife Zefita), Francisco Cunha (who was the Director of the Hotel Alvor in 1973, and now C.E.O of Best Western) and some famous professional members of the *Chaîne* like Chef Silva, Vincent Winiker, and Kurt Gillig of Vila Vita.

The *Chaîne des Rôtisseurs* is an international gastronomic society dedicated to bringing together professional and non-professional members from around the world who appreciate wine, cuisine and fine dining.

With almost 24,000 members in about seventy countries, the *Chaîne* is forever expanding and evolving through the creation of new *Baillies*. One unique point about the *Chaîne* is that membership is transferable worldwide.

This means that if you become a *Chaîne* member in one country and then for professional or personal reasons you move to another country, your membership is still valid. Additionally, it also allows you to be part of the *Chaîne's* international network and participate in *Chaîne* events and activities in different countries across the globe.

The society also supports and promotes the future of young cooks and *Sommeliers*, and sponsors several food release programmes through the *Chaîne* Foundation.

The next dinner will take place at the Restaurant Veneza in Paderne on March 14th. For details and information about the *Chaîne des Rôtisseurs*, please contact the *Bailli* of the Algarve: Dr. Jean Ferran on 282 912 822, fax 282 912 722 e-mail ferran@monchique.com.



Chef Silva (Commandeur), Anibal Soares (Bailli of Portugal, Conseiller Magistral) and Jean Ferran (Bailli of the Algarve) with the Brigade of the Hotel Alvor.



Lunch at the Hotel Alvor Praia.



Members of the *Chaîne des Rôtisseurs* at Vivendo restaurant, Meia Praia for the Gala Dinner.



Anibal Soares (3rd left: Bailli of Portugal) with 4 past presidents of the Algarve tourist board (all members) and António Pina, the current President of the RTA.

Local band raise monies for fire department

The fifth Annual Concert organised by band Quintessence to raise monies for the Lagos fire department took place on Friday, 15th February at the Lagos Cultural Centre. The band, led by Chris Atcherley, played to a packed house presenting a performance of a varied selection of jazz and Latin American songs and instrumentals. In addition there was once again a backdrop of videos to match the tunes being played, which everyone also enjoyed.

The raffle of 26 prizes was held during the interval, and at the end of the evening the band presented to Snr. Morgado, the President of the fire department, a cheque for €3,008. Bringing the total raised over the past five concerts to more than €12,000. Again, there were no expenses involved in the presentation of the concert allowing all the money raised to go to the fire department. Mr. Morgado expressed his grateful thanks to the members of the band, and also to the audience for their support

and hoped that this event would continue. The Quintessence members Chris, Sandy, Luis, Jan and Graham, together with their guests, Roger, and Mischa would like to thank everyone for their support particularly Lagos Câmara for the use of their wonderful Cultural Centre and their technicians Snr. Borradinho and Tiago, and Paula and her staff at the Centre.

The organisation would like to thank NaRua for printing all the posters. In addition the following people who gave prizes for the raffle including: Lagos Microlight Flights, Restaurantes Fortaleza and Fontenário, Hotel Bela Vista, Jardim Das Dunas, Bebbington Paints, Paul and Diana Rosewell, Baptista Supermarket, Marina Car Hire, Enova Computers, Meri at Luz Health Shop, Hairdressers Cutting Corner, Dennis and Anne Bull, Paws for Pets, Sandie Croft, Jane Freer.

Finally to Sally, Sheila and Denise for doing the raffle, and to Christain for operating the film backdrop on the stage.

Dr John Piper MB, BS, FRCS

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Multi-million euro budget for Algarve 2008

To be officially presented in March, in Oporto, the Algarve's seasonal entertainment programme for this year (officially known as Algarve 2008) will enjoy a budget of nearly four million euros and is set to be one of the best to date.

On March 15th and 16th Oporto will host the Algarve's annual tourism trade fair, 'Algarve Convida' (roughly translating as 'the Algarve invites...'), where the official line up will be publicly confirmed.

Reports state some four million euros have been invested in the region's summer entertainment, with the Algarve Tourism Board (RTA) having invested more than €200,000 in the trade fair alone; triple the amount spent in 2007.

About the trade fair's upcoming location, RTA president António Pina explained that Oporto was chosen as a "strategy to reinforce the capturing of the national market", and that whilst the location may have changed (it is generally held in Lisbon) "the essence has not".

"It is good to vary location every now and then as we can target different types of people", said António Pina, who is confident that in the next five years the number of Portuguese tourists visiting the Algarve will double.

The upcoming 'Algarve Convida', which will take place the weekend before Easter, has a budget of 250 thousand euros and mainly features tour operators and travel agencies promoting holiday

and vacation packages that are sold directly to the public.

Around 50 various businesses will participate and will also include regional transporters, hotels, resort representatives, and other venues and activities aimed at tourists.

Measuring 2,000 square metres, the 'Algarve Convida' fair is to be held in the *Alfândega* building's Conference and Exhibition area.

Entrance is free and some 19,000 visitors are expected.

From March 3rd a €130 million publicity campaign will kick off to promote the trade fair. This will include ten cars and 50 buses which will circulate around Oporto adorned with advertising, as well as media (TV and printed press), Internet and mo-

bile phone marketing strategies.

To further promote the trade fair as well as celebrate its launch, a mega-party will be held in Oporto's São Bento da Vitória monastery, on March 14th, named 'Algarve Convida by Sacha', to which around 1,000 businessmen and travel traders have been invited.

A number of internationally renowned performers and artists have already been confirmed for 'Algarve 2008's' various events.

These include a Diana Krall concert, a jazz festival featuring Maria João, Mário Laginha and Herbie Hancock, various sailing, golf and tennis tournaments, as well as popular Brazilian singer Vanessa da Mata, fado singer Mariza, and Portuguese pop star David Fonseca.

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Wrong way down the motorway or just spun off?



After days of debate, it appears the mystery of the car facing the wrong way on the A22 motorway between Portimão and Lagoa has been solved.

Sometimes things are not quite what they seem. Although the car in the photograph is seen heading the wrong way down the motorway, GNR Traffic police say the car was involved in an accident and spun during the incident.

A Lusa journalist took a picture of what seemed to be a car heading the wrong way down the

motorway leaving the police and road operator Euroscut baffled as they had not received any reports of a car heading the wrong way down the motorway.

Further investigation showed that an accident had occurred on the same stretch of road at around 17.30, the same time as the picture was taken. Nobody was injured.

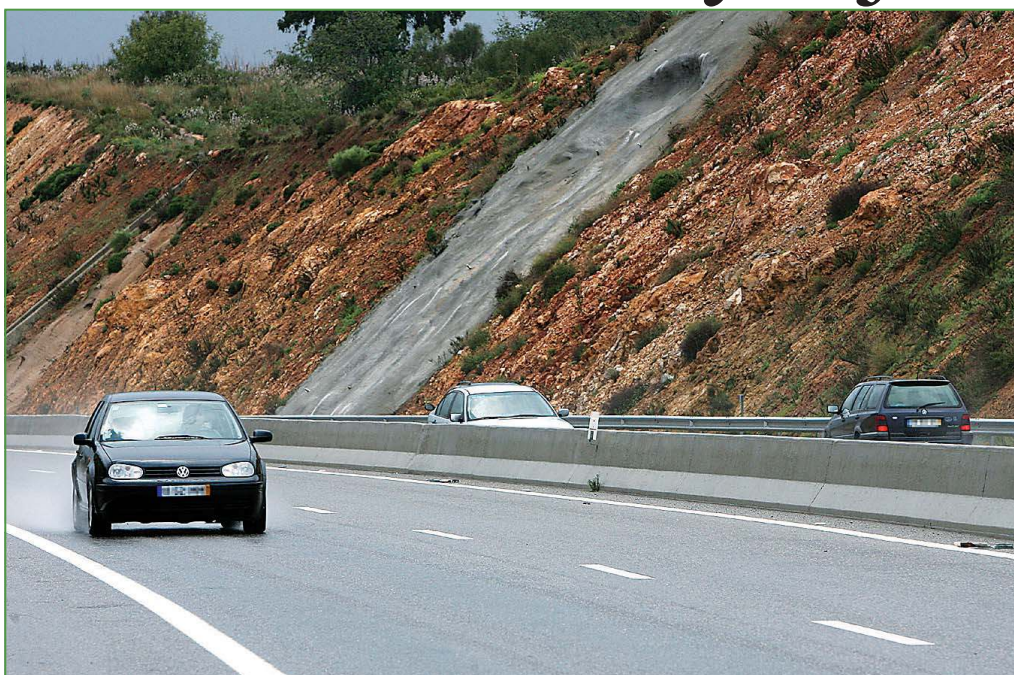


Photo taken by Lusa, appearing to show a car travelling in the opposite direction on the A22, on February 24th. (Photo: Luís Forra Lusa)

Who spent most in Albufeira?

A study was elaborated by the University of the Algarve to see who spent most money during their New Year holidays in Albufeira.

The Portuguese spent between 69 and 128 euros a day

whilst English spent between 100 and 141 euros. The same study revealed that most of the Portuguese originated from Lisbon (36.8 percent) and most of the foreigners were British (21.7%).

Russians dominate Portimão Open

After being called off due to the inclement weather conditions on Sunday, the final of the Portimão Tivoli Arade Ladies Open was played out on Monday evening between fellow compatriots.

Russian player Elena Chalova faced Nina Bratchikova in the final of the Arade Ladies Open in Portimão on Monday. Winning over a two set final Elena Chalova took home the prize and some valuable points in the WTA tour with a 6-4, 6-4 victory.

Elena Chalova was also set to compete for the doubles title, but did not play as her Armenian partner Liudmila Nikoïn quit the tournament, allowing Emilie Bacquet and

Chayenne Ewijk to win without hitting a ball.

During the past three weeks of WTA tournaments held in the Algarve, former World N°1 doubles player Peter Fleming (doubles partner of the legendary John McEnroe) has been in the Algarve with his 17-year old daughter Holly whom he also coaches.

Speaking about the competition Fleming said: "Almost all the famous players had to compete in this kind of tournament, which are the first step of professional tennis, even Roger Federer. And you can bet that some of these players that came to the Algarve this month will one day become stars on the court".

Mega project planned for Portimão's riverside area



An ambitious project was recently unveiled by Portimão Mayor Manuel da Luz for the riverside area in Portimão. An investment of around €100 million will be carried out by private investors who are awaiting approval from Portimão City Hall. They expect to get started this year.

After an international tender was launched in the summer of 2007 to choose the best project, three companies from the FDO Group (FDO Construction, FDO Projects and Euroluguer) and José de Sousa Barra & Filhos got through the selection process to carry out the project of rehabilitating the riverside area in Portimão. It is still only on paper, with no official documents signed yet.

The project promises to completely change the area, with the

final outcome resembling the Expo 98 riverside in Lisbon, though admittedly on a smaller scale.

Besides the revamp of existing structures, they hope to build an oceanarium, an insectarium, large garden areas, a panoramic cable-car to cover the whole area, several restaurants and an interactive tourist centre.

Manuel da Luz said that although the ownership is mostly private, he would still like the government to have a say in the project and to have total control

of the equipment used.

When questioned about the high costs of an oceanarium, Manuel da Luz answered that Portimão needs attractive sites at the city. As there is nothing similar in the south of Portugal, it makes the riverside a regional attraction.

The whole project should be finished in three years, but a planetarium will only be built in the future and only if there is enough financial/economical stability to sustain such an investment.

Loulé tells residents to clean up dogs doo doos

Loulé's Municipal solid residue and health services are placing dog faeces bins and bag dispensers in several areas of the city whilst informing people on the sanitary dangers of not disposing their dogs excrements.

The new bins provided by the council will have a plastic bag dispenser for pet owners to pick up their animals' leavings.

Dog faeces can create serious problems, such as environmental contamination, visual and odour pollution, and can also carry serious diseases to other animals or even humans.



Plínio Ferrão, of the Portimão Tennis Club, in the company of former world number one doubles player Peter Fleming at this week's Portimão Ladies Open. Photo: Luís Nunes

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Come into Lagos on the EN125 (from Portimão) past MacDonalds, take second exit off the Boat roundabout. We are on the right opposite the Tourist Office.

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Reply to Paul Joseph

SIR, Paul Joseph may not believe that the world is flat but he certainly seems to be wandering in Never-Never Land if he is in any doubt that millions of Jews and other 'undesirables' were murdered on the express orders of Hitler.

Many such explicit instructions have survived and this one (to Heydrich on his way to invade Poland) contained the following chilling statement: "Communist functionaries and activists, Jews, gypsies, saboteurs and agents must be regarded as basically persons, who, by their very existence, endanger the safety of our troops and are therefore to be executed without further ado." This order alone, carried out with ruthless efficiency, resulted in the deaths of 90% of the Jews in Poland alone, about 3,000,000 people. (Source: 'The Order of the Death's Head' by Heinz Hohne, a German soldier who served in the army during the war).

Where does PJ think that these millions of people dragged from their homes ended up? On the evidence available, I prefer to rely on the millions of the Nazis' own meticulously kept written and photographic records that were captured by the Allies and confirmed by the eyewitness accounts of many, many survivors.

This difference of opinion can only be about the total number of innocent people put to death, not whether such mass exterminations took place.

The subject of who bankrolled Hitler I will have to leave to those competent to write about such

matters but it wouldn't be the first time that weapons funded or supplied by one country have been used against it later.

RON LAVERY, By e-mail

Beautiful Serra da Estrela

SIR, I recently spent a week-end at the Portuguese mountain resort of Serra da Estrela, located three hours from Lisbon. The highway makes for good travelling and the countryside gives you a pleasant drive. In the North you'll enjoy a little bit of everything from green pastures to calm running water, good food and great wine.

Drive up to the 'torre', there you have ski rentals, restrooms, restaurants, bar, first aid, ski school and local police. Enjoy winter sports with four slopes for skiing and one for sledding. On your way down make sure you stop at the highest 'aldeia' of Portugal, Sabugueiro, to enjoy their cheeses, sausages, furs and leathers at very good prices. Be prepared to see Portuguese sheep dogs for sale all over the village.

After you have indulged yourself, drive down to Seia for the night and stay at Quinta do Crestelo, a farm with lodges for rent. You will enjoy waking up with the rooster crowing, have breakfast in the main hall, and afterward go horseback riding or just enjoy a nice stroll through the countryside. Take some time to get to know Seia, drive through the city and head over to the Museu de Pão for a buffet lunch, the service is five-star, and the view is breathtaking. Buy some of their bread and lots of 'delicatessens' from the gourmet shop and enjoy!

Everything mentioned can be found on the Internet.

CARLA A.P. ANDRESSON, By e-mail

A senior moment

A 98-year-old woman in the UK wrote this to her bank. The bank manager thought it amusing enough to have it published in The Times.

'SIR, I am writing to thank you for bouncing my cheque with which I endeavoured to pay my plumber last month. By my calculations, three nanoseconds must have elapsed between his presenting the cheque and the arrival in my account of the funds needed to honour it. I refer, of course, to the automatic monthly deposit of my Pension, an arrangement, which, I admit, has been in place for only thirty eight years. You are to be commended for seizing that brief window of opportunity, and also for debiting my account £30 by way of penalty for the inconvenience caused to your bank.

My thankfulness springs from the manner in which this incident has caused me to rethink my errant financial ways. I noticed that whereas I personally attend to your telephone calls and letters, when I try to contact you, I am confronted by the impersonal, overcharging, pre-recorded, faceless entity, which your bank has become. From now on, I like you, choose only to deal with a flesh-and-blood person.

My mortgage and loan payments will therefore and hereafter no longer be automatic, but will arrive at your bank by cheque, addressed personally and confidentially to an employee at your bank whom you must nominate. Be aware that it is an offence under the Postal Act for any other person to open such an envelope. Please find attached an Application Contact Status, which I require your chosen employee to complete. I am sorry it runs to

eight pages, but in order that I know as much about him or her as your bank knows about me, there is no alternative. Please note that all copies of his or her medical history must be countersigned by a Solicitor, and the mandatory details of his/her financial situation (income, debts, assets and liabilities) must be accompanied by documented proof.

In due course, I will issue your employee with PIN number, which he/she must quote in dealings with me. I regret that it cannot be shorter than 28 digits but, again, I have modelled it on the number of button presses required of me to access my account balance on your phone bank service. As they say, imitation is the sincerest form of flattery.

Let me level the playing field even further. When you call me, press buttons as follows:

1. To make an appointment to see me.
2. To query a missing payment.
3. To transfer the call to my living room in case I am there.
4. To transfer the call to my bedroom in case I am sleeping.
5. To transfer the call to my toilet in case I am attending to nature.
6. To transfer the call to my mobile phone if I am not at home.
7. To leave a message on my computer (a password to access my computer is required. A password will be communicated to you at a later date to the Authorized Contact.)
8. To return to the main menu and to listen to options 1 through to 8.
9. To make a general complaint or inquiry, the contact will then be put on hold, pending the attention of my automated answering service. While this may, on occasion, involve a lengthy wait, uplifting music will play for the duration of the call.

Regrettably, but again following your example, I must also levy an establishment fee to cover the setting up of this new arrangement.

May I wish you a happy, if

ever so slightly less prosperous, New Year.

Your humble client.'

(Remember: This was written by a 98-year-old woman; doesn't she make you proud!)



António Cardoso is convinced that Madeleine has been in his Taxi (Photo: solarpix.com)

Madeline, from page 1

António José Castela Cardoso, or Castela as he is known in Vila Real de Santo António, says he told police of his dramatic story within days of Madeleine being reported missing. Bizarrely, he suggests two of the four adults travelling with the girl resembled Kate McCann and Robert Murat, who are both *arguidos* or formal suspects in the case.

Speaking to The Portugal News on Thursday, António Castela, 67, says he is convinced the girl in his car on the evening of May 3rd was Madeleine McCann, who will have been missing for ten months this coming Monday.

"She had a defect to her eye, which made me remember my son, who has a similar defect", explains António Castela. He added: "As she was sitting on a man's lap in the backseat, I could see her clearly in my rear-view mirror she also appeared to be twitching her chin a lot".

When watching news coverage in the days that followed, António Castela became convinced that Madeleine had in fact been in his taxi, despite the fact she had been a 90-minute drive away from the Ocean Club resort in Praia da Luz, from where she was reported missing.

Such is his belief that Madeleine was in his car that he visited the hotel where he had dropped off the girl and the four passengers, to inquire if they had footage of the evening of May 3rd. To his disappointment he was told by hotel staff that their CCTV cameras had been inoperative for the past two years.

He said he dropped off the four adults and the child at a hotel in Monte Gordo, but the group entered a blue jeep with "yellow licence plates" before driving off.

António Castela says the girl was wearing pink pyjamas and is certain she was in fact Madeleine. A taxi driver for the past 17 years, he says he noted her eye, "As my son, who is a police officer, has a similar defect".

"Madeleine was with three men, one of whom looked like Robert Murat, and a blonde woman," he said.

"The blonde woman with them looked to me like Madeleine's mother but I couldn't say whether or not it was her," he said.

He told his son, a GNR police officer, of the sighting who assisted him in contacting police detectives investigating the case, though António Castela says he has heard nothing since his initial statement, which he gave "Over the telephone in a ten minute call".

His wife Glória, meanwhile defended her husband in comments to The Portugal News on Thursday.

"He has told the police and everyone in the town knows his story", when she was questioned why her husband had taken so long to make his story public, which was first revealed in Thursday's edition of local newspaper *Jornal do Algarve*.

António Castela also stressed he had done his civic duty of telling police what he believed he witnessed, and he never thought of talking to the press until approached to do so.

Two colleagues at the Monte Gordo taxi rank, from where António Castela operates, confirmed they had heard his story of the sighting.

They described António Castela as "reserved" when questioned on his character.

Speaking from a villa fewer than a hundred metres from the apartment from which Madeleine was taken, suspect Robert Murat laughed off suggestions he had been with Madeleine on the night of her disappearance.

After being given a brief description of what had been reported, Robert Murat reiterated to The Portugal News that he was at home on the evening of May 3rd, and that he even had a phone record of a telephone call he made that evening at 8:15pm, five minutes after his alleged sighting near the border.

"Now I am just looking to get on with my life", he said.

Concerning possible legal action against the state should no charges be brought, he replied he was not currently considering any action.

He also expressed pessimism that his status as an *arguido* would be lifted soon.

Last month, PJ chief Alípio Ribeiro admitted the declaration of Kate and Gerry McCann as formal suspects had, perhaps, been made in haste.

"At this moment, at this distance, with the experience I have of public prosecution, (...) maybe there should have been another evaluation. About this I have no doubt", Ribeiro said of the case.

Last month, prosecutors were granted a three-month extension due to the "special complexity" of the case, and secrecy laws will now remain in force until April 14th.

Madeline McCann was reported missing from her holiday apartment in Praia da Luz on May 3rd, 2007.

346

Portuguese for all.

Na lição de hoje vamos continuar a estudar o discurso indireto: frases interrogativas.

Até à próxima lição, Emília Rosendo.

Study this example situation:

Pedro: Tu já estás pronta, Ana?

You want to tell someone else what Pedro asked Ana, so you use **reported speech** (reported question):

O Pedro perguntou à Ana se (ela) já estava pronta.

estás ⇒ presente simples do indicativo
estava ⇒ pretérito imperfeito do indicativo

Exercise: Read the situation and questions below and report them as in the example.

Ontem à tarde, a Sofia foi a uma entrevista para um emprego como recepcionista num hotel. O gerente fez-lhe algumas perguntas - algumas das quais bem inesperadas - tais como:

1. Mora longe ou perto do hotel?
2. Tem carta de condução?
3. Tem alguma experiência como recepcionista?
4. Conhece o nosso hotel?
5. Gosta de contactar com o público?
6. Por que razão alguém prefere o turno da noite?
7. Tem disponibilidade imediata?
8. Quantas línguas domina?
9. Sente-se mais à vontade no alemão escrito ou falado?
10. Sabe utilizar bem o computador?
11. Pensa que é uma pessoa responsável?
12. Qual é a sua opinião sobre tatuagens e piercings?
13. Qual é o seu pior defeito?
14. Qual é a sua melhor qualidade/ virtude?
15. Por que pensa que pode vir a ser seleccionada?

Assim que a entrevista terminou, a Sofia foi para casa e contou o que se tinha passado.

Exemplo:

1. O gerente perguntou-me/ quis saber se eu morava longe ou perto do hotel.

BOOK NOW, WHILE THERE'S STILL SPACE



A captivated audience!



There will be so much to do at the International Algarve Fair on 10th & 11th of May that visitors will want to stay all day (opening hours 11:00 to 20:00). Features include Motor Show, Property Show, Arts & Crafts market, Puff Park (children's adventure area) and all day entertainment. Add to this over 120 stands with everything for the home, garden and lifestyle, several international restaurants and you have a recipe for a very happy crowd.

If you have not yet booked a stand, call the Exhibition Hotline on 282 380 317 or go to algarvefair.com.

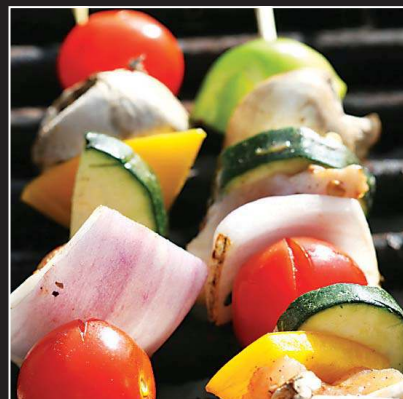


Stands

There will be over 120 stands with everything for home, garden and lifestyle. Stands will be offering advice on travel, home improvements and lifestyle, there will be lots to buy including fashions, books, art, decor, specialist foods, pets products and you can enjoy beauty treatments and health advice.

Food Arena

There will be several international restaurants in the Arena: Pizzas from Italy, Tandoori from India, Pastries and Bifanas from Portugal, Hotdogs and Hamburgers, Shell fish from Portugal, Surinam specialties, Braai from South Africa, Indonesian Cuisine and Cakes, Pies, Pasties, Sandwiches and Cream Teas from the UK, Danish open sandwiches and Slush Puppies.

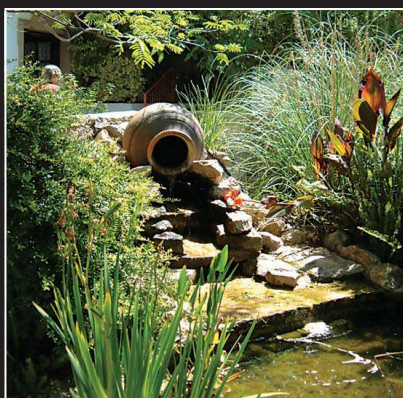


Puff Park

Children will love this adventure area with several giant inflatables. There will also be clowns, face painting and a real fire engine to explore. This year Puff Park will be located in the Arena, so parents can be close to their little ones while they eat and enjoy the entertainment.

All Day Entertainment

The lineup already includes Harp John in the garden area, the Peruvian ensemble on the grassy banks among the stands plus OO-Boop-I-do, Country Singer J.J. Johns, A Kinda Swing and Legends in the Arena.



Show Gardens

Landscape Gardeners and Garden Centres are invited to participate in **The Portugal News LANDSCAPE GARDENER Spring 2008 Award**. See page 34 for full details

Arts & Crafts Market

A dedicated section for artisans to show off their wares. Made especially simple for the purpose, spots can be rented for only 53 euros



The Algarve Property Show

This section will be situated in the Pavilion for visitors who are thinking of selling, buying, trading up, or moving to something smaller. They are invited to meet the leading agents and talk to finance companies.

Motor Show

Where visitors can see the latest models and talk to motoring experts. Also situated in the Pavilion



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Stone Care Services, bringing new life to old stone



Since arriving in the Algarve from the UK nearly four years ago, Tim and Sue Stamp have successfully expanded and built upon their unique business in natural stone refurbishment and maintenance. Tim emphasizes that it is essential to know exactly how natural stone reacts to various treatments and processes - certainly **not** a task for the DIY enthusiast!

Stone Care Services (SCS) has been actively involved with the refurbishment and maintenance of all natural stone surfaces - floors, vanity/work tops, shower surrounds, patios etc - for many years and the extent of their experience is truly vast.

Initially, after carefully looking at the market in the Algarve and talking with individuals and companies alike, it quickly became apparent that not only was this unique service not being offered to homeowners, but that there was a real need for a professional business of this type.

Specializing in all types of natural stone - Marble, Granite, Limestone, Ceramics and Terracotta - SCS are able to quickly restore a floor's natural beauty and depth of colour by using a combination of chemicals and specialized machinery.

Over time, any stone surface will become dull and lacklustre through foot traffic, food/drink staining and the incorrect use of cleaning materials. This is where Tim's expertise in this highly skilled niche market comes to the fore - he is able to regain a stone's lustre and depth of colour without the need to undertake an expensive replacement.

Unightly stains and scratches can be removed (in most cases completely) to reveal the original surface once again. The removal of old layers of sealant prior to resealing of surfaces is another important aspect of the work undertaken by SCS, together with stain protection.

Stone Care Services can offer advice on all stone surface types, whilst suggesting techniques for their refurbishment and on-going maintenance.

The process of refurbishment is quick, dust and odour free - and the cost is extremely reasonable.

SCS have already acquired a large portfolio of satisfied customers along the Algarve - refurbishing surfaces in homes ranging from modern villas and apartments to traditional quintas.

Their service is also ideal for those looking to refresh rental properties in time for the busy summer season or add extra value and appeal to a property looking to be sold.

You only get one opportunity to make a first impression and a shiny, revitalized new floor will give you that winning edge!

Contact Tim now for a free quotation or advice on any stone refurbishment query. Call: (+351) 282 991 045, mobile: 919 498 258, or e-mail: timstamp@yahoo.co.uk



125 Removals, consider it done!



125 Removals deal with all kinds of removals, local or international, with storage space available, all perfectly finished off with a personalised, professional service.

Christine Leach da Cruz moved to Portugal 21 years ago and in 2004 decided to establish a removals company. She says starting the business was very easy, but due to the constant changes of law in Portugal it proves to be difficult at times to keep up with paperwork, nevertheless Christine keeps up to date with the constant legal changes and requirements.

Two removal vans and four staff make it a small business so extra care will be taken, as each client is as important as the next. Fragile items will be blanket-wrapped, boxed and tagged.

Whatever the situation, be it moving to the apartment down the hall, to the opposite end of the planet or hoisting large items through windows or onto rooftops, 125 Removals have all the materials (and experience) necessary to carry out the job.

Prices are never fixed, as each

job is different and they work by volume alone, i.e. the more that is moved, the cheaper it becomes.

They also have a home shopping service where they can supply the customers with the catalogue of renowned Swedish furniture company. After noting the item and reference number they head off and go shopping for the customer, making those tiring days wandering around stores avoidable. This service is offered weekly and they buy, deliver and assemble if requested. With an English and Portuguese team they ensure a personalized, multi-lingual service, making moving happen smoothly.

Since 2004 business has progressed significantly and now 125 are looking to expand their storage area.

Located on the EN125 roundabout near the Mexilhoeira Grande exit on the A22 motorway it is very easy to find. For more information please contact Christine da Luz on: (+351) 282 968 900, Fax: 282 969 704, email: sales@125removals.com or visit the website www.125removals.com.



Ecohouse....here not there!



Why should a house built in the Algarve or Andalusia, be different from one built in Denmark? Answer....in the Algarve you need to be cool most of the time, and warm some of the time, but never, if possible, hot. In Denmark, you need to be warm all of the time, but never, if possible, cold.

The difference appears minimal, but points to a specification that is shared, in that its construction must pay particular attention to insulation. A house designed to attract the sun as a heating medium in one country via glazed apertures, will not work in another, as the occupants would boil. A house designed to shade itself from solar heat gain in one country, would need a fortune in fossil fuel to heat it, in another. This sounds like a complication of simplicity. If so, why is it that most buildings, houses, flats, and commercial premises, are built to consume air conditioning, both heating and cooling, in the southern Iberian peninsula? To put a figure on it, 96% of all buildings on the Algarve and Andalusia are built cheaply, and are not adequately designed to minimise fossil fuel use. The question is, who cares?

Some measures have been introduced to improve matters. Solar water heating is partially re-used. Why not wholly essential? It is 2008, and oil and gas are on a steep slippery downward slope of supply, with our grandchildren destined to have to calculate where they will be able to live, as opposed to wanting to live.

The sheer quantity of thermally crippled buildings already built, which are destined to consume the majority of the remaining fossil fuels in the essential pursuit of just 'warmth', however achieved, are identified as

costly futures bets.

Anyone planning to build a house, has to think, not how big, not of looks, but can I afford to keep it warm, or cool depending where you are, and indeed how and by what means. On the web go to 'no 19 bus' and buy the book, to Danecasa.com, and Ytong. You should get a big message about how and what to live in and stay warm. If you want clarification, e-mail: geoffswain@sapo.pt will help.



Dr. Kenneth Vieira, Carvoeiro's friendly family physician



It may seem a rather unassuming spot for a world-travelled doctor to settle, but the quaint fisherman's village of Carvoeiro was Dr. Kenneth Vieira's location of choice in which to build the family surgery of his dreams.

With over 30 years international experience as a GP, Dr. Vieira has settled comfortably into local village life. In addition to Dr. Vieira the medical centre comprises the services of a dentist, dermatologist and a Bowen therapist.

It was the first surgery of its kind in the area and continues to be favoured by many ex-pats, visitors and locals alike. Now successfully running for four years, Dr. Vieira has been joined at his surgery by a number of specialists from various medical and clinical areas.

Of Portuguese heritage, Kenneth Vieira was born in Surinam (South-America). He moved to Holland at the age of 15, and in 1977 he finished his degree in medicine. Over the years Dr. Vieira worked in his own clinics in countries as diverse as Holland (for 11 years) and on the island of Aruba (13 years).

Dr. Vieira opened his Carvoeiro surgery and fulfilled his dreams, being designed and equipped by the doctor from its cement base right through to the colours on the walls.

Since its founding Dr. Vieira has been joined at the surgery by dentist Dr. Johan Witte, dermatologist Dr. Dirk A. Groeneweg, and renowned Bowen therapist, Patrick Matthews.

Dentist Dr. Witte is available every day at the clinic, but consultations must be booked in advance. Treatments range from general check-ups to cosmetic and medi-

cal dentistry.

Dividing his time between Portugal and Holland, Dr. Groeneweg is available every third week, so consultations must also be booked in advance. As an experienced dermatologist, he is a specialist in skin diseases, skin cancer and varicose veins treatments. One of the newest treatments for skin cancer and its precursors is P.D.T. (Photo Dynamic Therapy), which is now available in the clinic. Skin surgery for skin cancer is frequently performed and if necessary the assistance of a Plastic surgeon will be arranged.

Patrick Matthews (Bowen therapist) practices a therapy that is still rather new to Portugal, and was one of the first to introduce it. Bowen therapy consists of a gentle form of massage where muscles and connective tissues are manipulated using thumbs and fingers. Remarkably effective, it aims to reset cellular

memories to annul any form of pain, infection, stress, trauma or accident induced injury. This can cover anything from regular headaches, back and neck pains, to sciatica, ear infections, migraines and unexplained illnesses. For more information on the Bowen technique please visit the website www.bowenhealingholidays.com. In specific cases, Dr. Vieira will recommend his patients to Bowen therapy as opposed to prescribing conventional medication, demonstrating how conventional and modern medicines, and healing therapies can work harmoniously. Speaking English, Portuguese, Spanish, German and Dutch, amongst other languages, Dr. Vieira also provides home visits.

Opening hours of the clinic are from Monday - Friday 09h00 - 12h00 and 15h00 - 18h00, and Saturdays 10h00 - 12h00. Contact the surgery on: (+351) 282 350 780, mobile: 934 014 125 (every day from 08.00 - 20.00).



Dr. Vieira (right), Dr. Witte (centre), and Dr. Groeneweg (left). Also pictured with Patrick Matthews (above left).

PROPERTY

An 11 page weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 1 Mar 2008

PROPERTY OF THE WEEK

A Countryside paradise



Location is always a key factor when purchasing any property, but in this case it is one of the main selling points and a real bonus. Built in 1989, located in Bordeira, this gorgeous five-bed, six-bathroom split-level villa boasts one of the most beautiful views in the Algarve. As the expression goes, 'they don't make them like that any more'!

Bordeira is situated just north of Faro, being a five minute drive to the charming town of São Brás, 10 minutes to Loulé, and 15-20 minutes to Faro and the airport.

Poised high on a rural plot in the hills of the Eastern Algarve, this south-facing villa overlooks all the afore-mentioned places and out to sea, enjoying the sun's rays, all day long.

Built on a 7,000 square metre plot, besides being an ideal family or holiday home, this villa has also been chosen as a location to film

various international commercials and music videos.

Through the main door and left is a reception area, which has a semi-circled sofa built-in a pretty bay window looking out over the front drive.

Far left from the entrance, past the reception area, is the first of the five bedrooms. Of a good size it has its own private balcony and unusual parquet flooring.

All bedrooms have fitted wardrobes, balconies or doors to the exterior, and their own en-suite bathrooms (which, being decorated in the Portuguese 1980's style, may be in need of updating!).

Right from the main entrance is a wing comprising another two bedrooms. Both are very big, have laminate wood floors and their own pri-

vate entrances. A fourth bedroom on this level is situated straight ahead from the main entrance, and shares a massive raised terrace with another of the bedrooms. From here, a flight of stairs descends to the pool area.

Directly ahead of the main entrance is a staircase that descends straight into an oversized living area.

This expansive room comprises a lounge area, fronted with patio doors to allow uninterrupted panoramic views, a second seating area to the left, which is slightly raised and positioned around a log burning stove, and to the right there is an offset dining area, situated within a turret-shaped room.

Right from the living area is the kitchen, which also comprises a laundry room, a utility room, and an under-stair storage area that



could easily become a games room, home cinema or a bar.

Downstairs there is also a guest WC.

Outside the pool area and gardens are vast.

Besides a kidney-shaped adult's pool there is a child's play pool. Offset to the side of the property is a barbecue area, located on a raised terrace made of built-up,

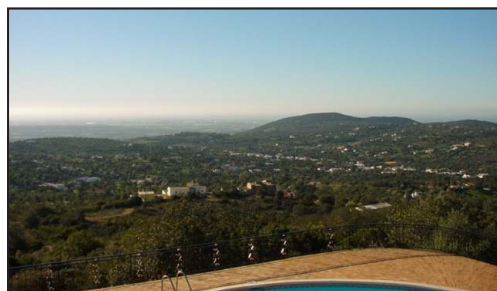
chunky stone slabs. Mature trees and indigenous planting make up the rest of the grounds, requiring little maintenance.

Beneath the pool is a garage and pump house, easily accommodating at least four big vehicles.

This stunning property provides the potential to be converted into a thriving little business, like a B&B or country re-

treat. It has the space and style to impress all who visit, and the views are second to none.

It is presently priced at €750,000.00. For more information or to book a viewing, contact Elly Van Hulst real estate on: (+351) 289 842 992, fax: 289 842 986, e-mail: ellyvanhulst@mail.telepac.pt, or see website: www.property-runner.com.



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Portimão

T0 (Studio) apartment. All renewed, equipped and furnished with high quality. Air conditioning and LCD Tv. Parking space in garage.

Ref: 0239 Price: € 115.000



Portimão

T2 (2 bedroom) apartment placed in a luxury condominium. The condominium has a high interior swimming pool as well as an exterior swimming pool. It also has a jacuzzi and a playground.

Ref: 0240 Price: € 125.000



Portimão

New villa composed of three bedrooms, one en suite with hydromassage. Living room with fireplace on the ground floor. Air conditioning and central vacuum cleaner. Spacious garage.

Ref: 0166 Price: € 370.000



Portimão

Two T2 (2 bedroom) apartments, both with 2 bedrooms, a bathroom, living room and an and all equipped kitchen with salamandra heating. Good reference to the décor designer of these apartments. Swimming pool and BBQ area.

Ref: 0252 Price: € 370.000



Portimão

3 bedroom villa in Belomonte Luxury Residential area. Central heating. Furnished and equipped kitchen, wood oven, large garden with terraces. Laundry. Barbecue and swimming pool. 2 parking places.

Ref: 0091 Price: € 505.000



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S. B. de Alportel

Luxury 6 bedroom villa, at Mesquita Alta & is one of the most exclusive properties in S. Brás. 330sqm covered area in 6700 sqm plot. Nice views to hills & sea. Large garden w/ BBQ area, sw. pool & tennis court. High quality materials. Only 15 mins drive to Faro airport, 10 mins to Faro & Loulé, + 20 min to Golf Courses.

Ref: 43SBA-M Price: €795,000



Albufeira

High class 5 bedroom Villa, in a very privileged location. Innovative design, w/ passive energy saving, natural illumination, ventilation & advanced energy control system giving confort & quality to this unique property. Building area: 374m², w/ approval to enlarge up to 526m². Represents high business potential. Safe investment!

Ref: 128ABF-M Price: €1,200,000



Vale do Garrão

A high class 5 Bedroom Villa. Located at Villas Alvas, between Vale do Lobo & Quinta do Lago. High quality materials. Fully equipped kitchen. Central heated. Air conditioned. All the appliances & modern technologies. Garden. Swimming pool. BBQ & parking area. The best location for your investment.

Ref: 137LLE-M Price: €1,250,000



Estói

Massive 5 Bedrooms Villa (CA-450 sqm, Plot-10080 sqm) located in Azinheiro (Estói). Panoramic country & sea views. Swimming pool. Garden with auto irrigation system. Central heating system. Air conditioned. Fully equipped kitchen. High quality finishing materials.

Ref: 177FAR-M Price: €1,675,000



Goldra

Majestic 3 bedroom Villa located at Goldra, in St.ª Bárbara area, on top of hills, w/ beautiful sea views. Probably best location in area. Comprised by kitchen, living & dining rooms, 3 bedrooms, 3 bathrooms, all en suite on main villa, plus 2 independent apartments (all fully equipped) in the basement. South-facing.

Ref: 161FAR-M Price: €1,050,000



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S. Brás de Alportel

Beautiful villa set in a 1.528 sqm plot, with garden, 2 car garage, parking spaces, attic, electric entrance gates, BBQ & outside oven, electric blinds, central vacuum system... Great views!!!

Price: € 590.000,00
Ref.: EH-VIV-0001
Call: 915 599 244



S. Brás de Alportel

Charming villa with garden cottage, w/ generous 10mx4.75m swimming pool w/ solar heating system, central heating, equipped kitchen, BBQ, covered parking... Excellent Opportunity!!!

Price: € 490.000,00
Ref.: EH-VIV-0002
Call: 915 599 244



Olhão

3 bedroom townhouse with private carport, front and backyard, BBQ and terrace.
Great location!
Excellent price!!!

Preço: € 190.000,00
Ref.: MG-VIV-0103
Call: 915 599 243



Fuzeta

Charming cottage with annex and garage, located in a 770 sqm plot, close to Fuzeta, the beach and all amenities. Completely fenced, with garden. Excellent Opportunity!!!

Preço: € 250.000,00
Ref.: MG-VIV-0104
Call: 915 599 243



Olhão

1, 1+1, 2, 2+1 and 3 bedroom Marina apartments located next to the new Marina in Olhão and next to the future 5 star hotel. Unique opportunity for a superb location!!

Prices from : € 205.000,00
Ref.: CB-EMP-0006
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East Algarve - Selected Properties in Tavira and Olhão



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www.algarve-property-search.com

Tavira: 281 320 281
Vilamoura: 289 301 294



Tavira

Modern, three bedroom/two bathroom villa with garage in a gorgeous setting, just a short drive from Tavira, with good road access. Spacious living room, large fully fitted and equipped kitchen, roof terrace. Constr. 189m2, Plot 2480m2, built 2005.

Ref: LHV-940 Price: € 375.000



Sta Barbara de Nexe

Well-designed 3 bedroom / 2 bathroom villa on a central and beautiful private location with many mature citrus trees. Good road access. L-shaped lounge 35m2, office, double garage, plot 7200 m2, Constr. 183 m2 + 71 m2. Built in 2007.

Ref: LHV-978 Price: € 460.000



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Moncarapacho

Exceptional, cared for, 4 bedroom Quinta style property on a sheltered plot with lots of different fruit trees. Large living room, big open plan kitchen, lovely garden / terraces for al fresco dining. Constr. 247 m2, plot 1510m2, built in 1998.

Ref: LHV-973 Price: € 550.000



Moncarapacho

Exclusive villa (T4) with guest cottage and swimming pool located on a large fruit producing estate. Comprising of 4 spacious bedrooms all with en-suite bathroom, top of the range kitchen and lot of extra's, cov. area 688m2, plot 40.700m2.

Ref: LHV-904 Price: € 2.400.000

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Vilamoura

Duplex apartment composed of 3 bedrooms, 2 bathrooms, lounge with dining area, equipped kitchen, storage and terrace. Communal swimming pool and garden area. Construction area - 113 sq.mts.

Ref: A1228 Price: € 207,000



Vilamoura

Situated in a beautiful private condominium, 2 bedroom apartment composed of 2 bathrooms, lounge, equipped kitchen, storage and terrace. Communal swimming pool. Garden and garage. Furnished. Construction area - approximate 100 sq.m.

Ref: A71645 Price: € 219,000



Vilamoura

Attached villa located near the marina, composed of 3 bedrooms, 3 bathrooms, lounge w/ fireplace, equipped kitchen, pantry, storage, barbecue, garden and terraces. Furnished. Communal swimming pool and exterior parking area. Plot area - 132 sq.m.

Ref: V12547 Price: € 348,000



Vale Teheiro

Beautiful villa composed of 3 bedrooms, 3 bathrooms, lounge w/ fireplace, dining room, equipped kitchen, laundry and garage for 2 cars. Carport, swimming pool, garden and terraces. Partly furnished.

Ref: V12338 Price: € 635,000



Semino

Beautiful villa composed of 3 bedrooms, 3 bathrooms, lounge w/ fireplace, dining room, equipped kitchen, laundry, office & 4 terraces. Garage, carport, garden & sw. pool. Barbecue w/ kitchen & w.c. Plot area - 2000sqm. Constr. area - 400 sqm.

Ref: V12448 Price: € 795,000

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Ref. V708

Price Reduced: € 475.000



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Ref. C1061

Price: € 175.000



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Bordeira

- Beautiful spacious villa
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- Villa 500m² plot 7.000m²

Ref. V149

Reduced to: € 750.000



Moncarapacho

- Superb large quinta
- Separate guest house
- Total 6 beds, 5 baths
- Large indoor pool
- Tennis court, garage
- Bldgs 505m² plot 44.480m²

Ref. V1049

Price: € 1.300.000



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Price: € 795,000 / £ 548,000



Vilamoura

3 Bedroom / 3 Bathroom detached villa offering a sunny terrace with private swimming pool. Located within a few minutes walk of the new Hilton Spa resort, the villa also offers a large basement suitable for a gym/games room or 4th Bedroom.

*****Price Reduced !!!****
Price: € 660,000 / £ 455,000



Vilamoura

Beautiful 2 Bedroom "Fully Furnished" apartment located on a nice complex at the Old Village. The apartment offers air-conditioning, underground parking & storage & has a nice balcony overlooking the swimming pool & gardens.

****Exclusive to Silver Holidays****
Price: € 315,000 / £ 217,000



Vilamoura

3 Bedroom / 2 Bathroom detached villa offering a sunny terrace with private swimming pool. Located within a few minutes walk of the new Hilton Spa resort, the villa also offers a garage with sauna.

****Exclusive to Silver Holidays****
Price: € 550,000 / £ 379,000



Vilamoura

Large 2 Bedroom townhouse located on a nice complex at the Old Village. The house offers air-conditioning, underground parking & storage and large roof terrace with golf and sea views.

****Exclusive to Silver Holidays****
Price: € 420,000 / £ 289,000



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Salicos

Two bedroom apartment w/ established garden & very private BBQ area. Communal pool. Desirable location close to Centianes beach. Lounge w/ wood burner, modern kitchen, u/floor heating in bedrooms, ideal for rental or permanent occupation.

Ref. A-237 Price: € 250,000



Carvoeiro

Walking distance to beach and village centre. Two bedroom apartment, one bathroom. Good size lounge / dining area. Open plan kitchen. Balcony. Very neat and very clean.

Ref. A-236 Price: € 135,000



Carvoeiro central

Luxury apartment on the third floor composed of 1 double bedroom, one single, lounge / dining area, modern kitchen + bathroom, large south facing terrace, elevator, parking, security. Close to beach and shops.

Ref. V-239 Price: € 97,000 (only)



Centianes

Immaculately maintained apartment with magical sea view. 2 large bedrooms w/ own bath & / or shower room. Spacious kitchen / dining area. Lounge leading to big veranda. Apartment is heated & furnished. Pool, tennis court, covered parking. 2 mins walk to beach.

Ref. A-238 Price: € 170,000



Near Silves

Charming detached farmhouse on 1,200 m² plot. 2 double bedrooms, shower room, spacious lounge / diner. Equipped kitchen w/small pantry. Large covered patio. Nice garden. Air con, wood burner, garage / workshop, utility. Space for pool, own borehole

Ref. V-351 Price: € 269,000



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VILAMOURA
Ref. V82036

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Price: € 525.000

VILAMOURA - MILLENNIUM
Ref. A82047

Top floor two bedroom apartment. 160 sq.m. Prime location inside the golf course. Complex with pool. Fitted kitchen. A/c. Private parking for two cars and storage. Three large balconies. Sun terrace with lovely panoramic views. South facing.

Price: € 275.000

VILAMOURA - PINHAL
Ref. V71778

Four bedroom detached villa. 300 sq.m. 1.000 sq.m. plot. Fitted kitchen. Alarm. Sky. 5/10 minutes walk to the Marina and beach. Exotic garden with heated pool and BBQ area. Large basement. Beautiful country and sea views. Excellent investment.

Price: € 1.100.000

VILAMOURA
Ref. A82055

Unique four bedroom apartment. 235 sq.m. Beside the Falésia beach. Near all amenities. Complex w/ lovely gardens, pool & kids playing area. Top finishes. Fitted kitchen. A/c. Large balcony w/ BBQ facing the pool area. Parking for 2 cars. Storage. Brand new.

Price: € 475.000

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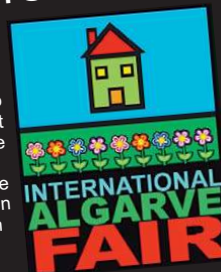


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Green - it just grows on you!

Just as the shoots of green leaves and buds are appearing outdoors and transforming the landscape so green shades are taking root, blooming and refreshing our homes.

You're sadly out of date if you've dismissed green as the standard colour for boring things like school uniform or the dreary paintwork choice for public buildings and institutions. Sud-

denly green is enjoying a new lease of life in our rooms as well as our wardrobes.

The trend for a fresh palette indoors reflects not just our heightened awareness of Nature and the environment but also a desire for a softer, warmer atmosphere for our rooms and a move away from cool, chilly neutrals.

As Sarah Cole, director of paint specialists Farrow & Ball, points out: "Whether on painted or wallpapered wall, green has been the most popular colour family since colour first started appearing properly in our interiors some 350 years ago."

"Today there are so many choices of green from the more 'drab' historical greens before Prussian blue was introduced to the paint in the 18th century, through to the later bright greens and also hugely popular blue greens. Green remains a most versatile colour suitable for any room."

If the choices are overwhelming - and a sea of green makes you feel a little queasy - be guided by interior design consultant Morwenna Brett.

She's joined the 'green gang' - in good company with a host of leading designers - and welcomes the palette's revival.

She says: "Green's always refreshing to look at and restful for tired eyes. It combines perfectly with neutrals and natural materials, especially stones."

Morwenna, author of a new book, *The Home Decorator's Tile Sourcebook* which is an invaluable guide to colour as well as tiles, believes the key to a successful interpretation of green for today's rooms is "using fresh, warm tones of Spring green rather than the forest or dark ivy greens."

"Modern greens are those that are softer in paler Spring-like shades or heading towards the citrus or chartreuse shades which have a crispness about them. These greens look brilliant teamed either with pale, creamy neutrals or the chic choice paired with dark, earthy colours like coffee, leather brown, and cocoa brown."

Wary of going green all over? Morwenna suggests instead adding accents of green to a monochrome scheme. "Black and white can look a little stark, but adding some brilliant green accessories, a picture or a rug will give a scheme instant vitality and verve."

Go for green by following our guide to the look.

Gabrielle Fagan



Above: Sunlight through leaves roller blind from Ella Doran. Far Right: Large Liberty sofa, from MultiYork

GREEN ROOMS

Nature's green colours and floral-inspired patterns have traditionally featured on classic papers for traditional and period rooms and now they've been given a chic twist for contemporary ranges.

Mockie Harrison, Design Manager at John Lewis Home says: "Green has become the colour we associate most strongly with a natural approach to living and decorating, and our fresh yet calming palette features Wasabi Green,

Pollen Yellow and Duck Egg Blue."

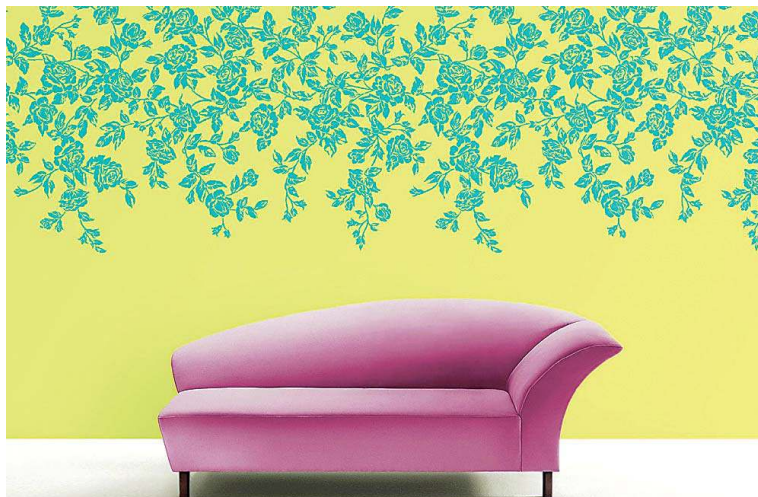
Its wallpaper collections take a pretty Eastern theme, with delicate florals in stylised designs.

Laura Ashley's wallpaper and paint collections burst with subtle green shades such as Eau de Nil, Sea Green and Teal.

Farrow & Ball features two super shades amongst its extensive range of greens - the new Tunsgate green, a pale, yellowish green which works well

with a strong white or as an interesting neutral against darker colours while Churlish Green - rustic yellow-green colour for a retro feel, partners well with dark browns. Emulsion for walls and ceilings, Water Based Eggshell for interior woodwork.

GORGEOUS GREEN CHOICE: Make a glorious green statement with Loui Loui Hanging Garden Roses paper in a Juicy Lime shade, from House Couturier. The design's eye catching 3-D effect can be printed in fabric and vinyl as well.



Loui Loui Hanging Garden Roses in Juicy Lime colour. luxury wallpaper from House Couturier



GREEN AND FIT

True converts to the green brigade could opt for bathroom or kitchen units in green.

Morwenna Brett says: "Dark jungle greens can appear rich and mysterious, and they look good combined with the sparkle of glass and the sheen of chrome or other metallic finishes."

"Clear fresh white is another partner for dark green, giving it a lift away from the 'institutional' cream and green."

Green also makes a link between a garden and living spaces, she points out, and a simple green accent tile in terracotta flooring could form a link between inside and outside.

Magnet's Urban Citrique kitchen is a sophisticated urban smart blend of green door fronts and walnut frames. Alternatively, conjure a country look with John Lewis of Hungerford's Cool kitchen in green.

GORGEOUS GREEN CHOICE: Impress with Italian style from CP Hart. Lime Green glass fronted units and tops for the bathroom, and matching basins are available.

GREEN LIGHT

Switch on to green with green lamps and shades. Designer, Philippe Starck's Miss K table lamp for Flos is in a citrus yellow/green with a see-through base and cylindrical shade.

Cast a green glow in a home office with Habitat's functional green Bobby desk lamp, or pick Next's green shades and lamps.

GORGEOUS GREEN CHOICE: Flying green ducks are so retro and they're celebrated on a funky, Quack Quack lampshade. It's for a pendant ceiling fitting and the drum shade sports ducks in shades of green with orange beaks. It's from online company, HunkyDory Home.

GREEN ACCESSORIES

Experimenting with green accessories if you just want to reflect the colour for a season, but be warned green grows on you.

Scatter Dwell's Forest Cushions in lime and hang a Green Leaf print framed in silver.

Wake up to green with a witty Morning Set - two ceramic mugs labelled 'too hot' and 'too cold' and an alarm clock with a 'too late' message.

Go green and celebrate Fairtrade Fortnight (February 25-March 9) with an ethical 'green' homeware. A Vietnamese Fairtrade co-operative produces Green Glaze Rectangle Platters, two Green Glaze Cups and saucers, from Traidcraft.



Top: green Cool Kitchen from John Lewis.

Above: Green Glaze Rectangle Platters and Cups & Saucers from Traidcraft

GRAND & GREEN

Flaunt green passion with green Napoleone Drawers, classic in style but with a modern twist.

A sofa is a major block of colour in a room so choose your shade carefully. Most companies offer choices of green fabrics or leathers but some of the best are Sofa Workshop's Alfie II corner group, Ligne Roset's sleek Citta sofa and MultiYork's Large Liberty.

GORGEOUS GREEN CHOICE: Toast the shade by sitting on green leather Rolf Benz 620 bar stools in fabric and leather.



Napoleone Drawers in green from Conran Shop

DREAM GREEN

Soothing green shades are an ideal choice for a tranquil bedroom. House of Fraser's pale green Linea Dragonfly collection, while Debenhams has a light green Margarita bedlinen range, and a Mosaic throw and cushion range.

GORGEOUS GREEN CHOICE: Ditton Hill's Milly Main collection has a feminine polka dot design on a luxurious cotton sateen base.



Photos: Press Association

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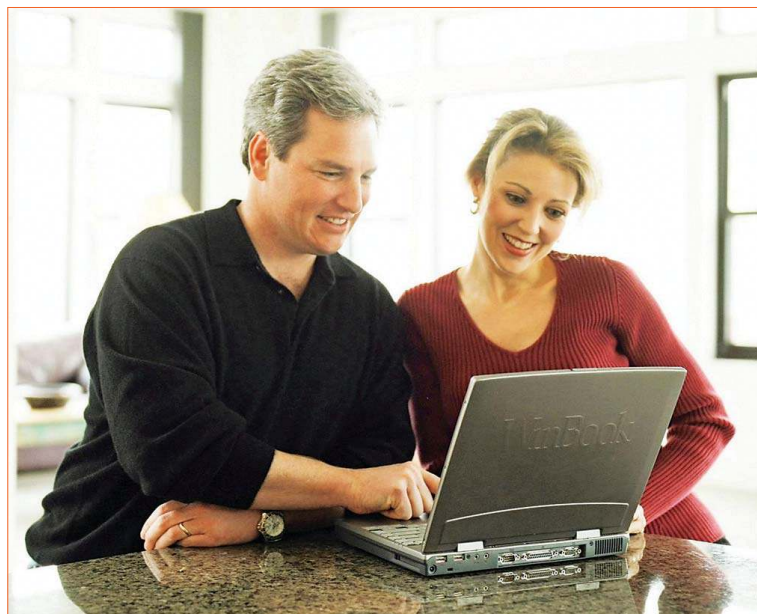
Magnificent four bedrooms villa, in Cerro de S. Miguel with spectacular view over Silves and the mountain range. The fireplace gives also heat to the bedrooms. Equipped with central vacuum, it has also pre-installation for air conditioning. Sw. pool & garage.



Seixosas | €430.000

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Internet plants seeds of advice



People who want advice on gardening dilemmas, from designing and pruning to pest identification and plant combinations, may have always relied on the staff at the local garden centre, green-fingered neighbours, or the renowned radio programme 'Gardeners' Question Time' in the UK.

But there is a wealth of information and opportunities to expand your horizons on the internet, if you know where to look. You can swap seeds and share information and experiences with other gardeners and allotment holders on a variety of websites, some of which are better than others.

For easy-to-understand information from the likes of Alan Titchmarsh, you can't go far wrong with popular garden website crocus.co.uk, which features advice sections from TV's best-loved gardener.

If you want to encourage wildlife to your garden, check out the new database at the Plant Press, www.plantpress.com, an online version of Gardening With Wildlife In Mind, from English Nature, which shows the relationship between garden plants and creatures that depend on them and focuses on 300 or so distinctive and desirable species.

On the same site you'll find the free online Plant Encyclopaedia now with more than 4,500 plants and more than 10,000 photographs.

If you want to grow seeds of vegetable varieties which are not widely available, it may be worth joining the Heritage Seed Library, run by leading charity Garden Organic.

Garden Organic has a collection of 800 old and unusual vegetable varieties, collected over the years, including several late 19th

century tall peas, including Champion of England and Ne Plus Ultra.

The library aims to conserve and make available vegetable varieties that are not widely available. You can join the HSL for an annual fee of £20/€26.60 (or £15/€20 with Garden Organic membership).

Members receive their choice of up to six varieties and there is also an informal seed swap section run between members themselves. For details go to www.gardenorganic.org.uk

Of course, there's a plethora of blogs from gardeners offering tips and advice based on their own experiences, but one of my favourite informative websites is www.digmyplot.co.uk, which offers some really good advice on growing fruit and veg organically.

So if it's raining in the run-up to spring, you can make the most of the advice which you can tap into, or start swapping seeds and plants, from the comfort of your home.

Hannah Stephenson

Best of the bunch

Dahlia

Dahlias have been back in vogue for some time now, their giant flowers in a vast array of colours towering above shorter perennials. Popular varieties include the scarlet red 'Bishop of Llandaff', which grows to around 1m and whose beet-root foliage provides striking contrast to brightly coloured perennials. There have been lots of oranges in the gardening shows this year, and if you want to go for that effect, go for bold statements like 'David Howard' and 'Harvest Amanda'.

Dahlia tubers should be planted in spring around 15cm deep. Take precautions against slugs and stake tall varieties and keep them well fed and watered in dry spells. They should flower from mid or late summer well into au-

umn and are great for cutting.

When the first frost blackens the leaves, dig up the tubers, cut the stems off 5cm above the base,

wash the soil off the roots, allow the tubers to dry off and store them in a frost-free shed for the winter.



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Make sure you put safety first

It's a sad fact that DIY can be dangerous - every year, DIYers die and are seriously injured from not taking sufficient safety precautions - but it doesn't have to be.

It just takes some commonsense to stay safe and a number of simple measures, including the following.

DIY almost always takes longer than you think and it's important not to cut corners and compromise your safety to get it done quicker. If you're going to do a job properly, it will take as long as it takes. If you're tired, frustrated or fed up of doing it, take a break or come back to it another day. This helps to keep you focussed and able to concentrate. And if you're concentrating, you're more likely to be doing things safely.

It's important to be dressed appropriately as well - and I don't just mean wearing old clothes. Things like tying back long hair, not wearing dangly jewellery and putting on the appropriate safety equipment when necessary, including steel-capped boots, a dust mask and goggles, equally apply. If you haven't got the safety equipment you need for a job, don't start without it. And remember to keep safety a priority as the job progresses, especially if what you're doing changes.

Before you begin, you need to know where all the essential services are in case you have to shut them off in an emergency. If you're doing plumbing, this means checking where the gate valves and stopcocks are and ensuring you can turn them off if you need to. If you're doing an electrical job, make sure you turn the electricity off at the mains before you begin and familiarise yourself with how the fuse box works.

Plumbing and electrical jobs should almost always be left to the professionals, but there are some you can attempt safely. If in any doubt, consult your council's building control department. And if at any time you realise you don't know what you're doing, don't compromise your safety - call in a professional.

Even if you're not attempting electrical jobs yourself, it's a good idea to put together an emergency electrical repair kit. This should include rubber gloves, a working torch, insulating tape, pliers and screwdrivers, spare bulbs, fuses and fuse wires, if you have that type of fuse box. And while you hopefully won't need it, keep a well-stocked first aid kit to hand, just in case.

Most DIY jobs require tools and if you've got a new one, you must read the instructions before you use it - even if you're a man! This is vital for your safety, particularly with power tools, but it applies to all DIY items, from paint and wallpaper to blinds and flooring. Don't assume you know how something works or goes on because you may not and you could endanger yourself, or ruin what you're doing, in the process. Even if it's not making you safer, reading the instructions should make the job easier.

Important as it is to know how to operate your tools properly, it's just as important to have the right tools for the job - improvising with tools can, again, endanger your safety. And before you use a tool, check it's in good condition, paying particular attention to the plug and any parts you change, such as blades. Don't be tempted to use tools that have loose handles or heads, or that are broken or damaged in any other way.

Remember to look out for British or European quality standards when buying new tools, keep your tools in good condition so they work properly, and keep cover guards on sharp tools so they're safe. This also applies to your toolbox: don't put any sharp blades in there uncovered because you could have a nasty surprise when putting your hand in there next time.

The safe way to DIY

LADDERS

Lots of DIY accidents happen when people don't take care on ladders and, obviously, the higher the ladder, the more dangerous it

potentially is. It's always a good idea to have someone else around when you're up a ladder, just in case anything happens to you. This is especially true if you're

Hit the heights in safety

Never climb more than four rungs from the top of a ladder. You will not be able to balance properly if you climb higher.

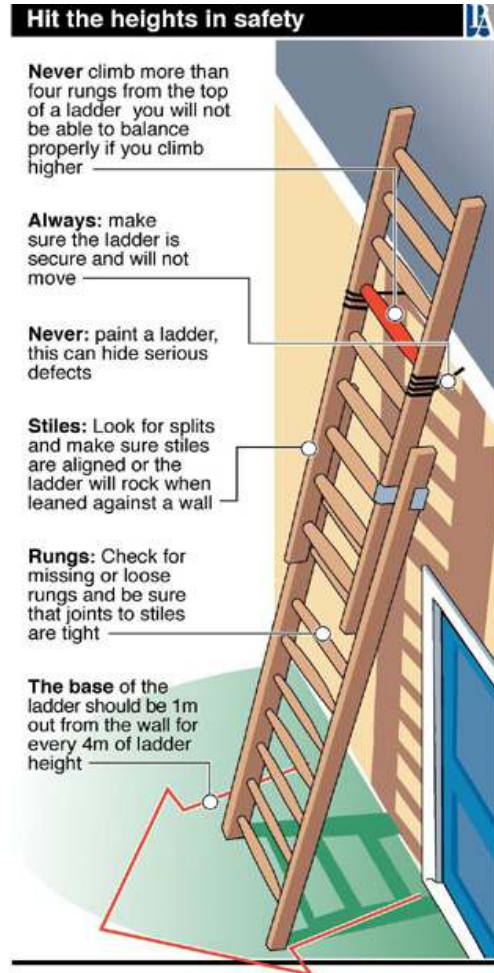
Always: make sure the ladder is secure and will not move.

Never: paint a ladder, this can hide serious defects.

Stiles: Look for splits and make sure stiles are aligned or the ladder will rock when leaned against a wall.

Rungs: Check for missing or loose rungs and be sure that joints to stiles are tight.

The base of the ladder should be 1m out from the wall for every 4m of ladder height.



working outside and might not be found for some time if you fell.

Before getting on a ladder, make sure you've got sturdy, sensible shoes on and not ones that will slip off easily. Ensuring that the ladder is positioned safely is also key. Ladders designed for use inside the home are fairly straightforward to get right. There should be instructions with them about how much weight they can take, which side you can safely climb up (on ladders where you can mount both sides) and about only using them with the safety catches locked in place, etc, but outside ladders can be trickier to make safe.

Ideally, the ladder should have non-slip feet, so look out for those if you're buying or hiring one. It should be placed on a firm, level surface and the top should rest against something solid, but not guttering or window panes or sills.

To prevent the ladder from slipping, secure both the top and bottom with straps or ropes and clips or hooks, ensuring it's anchored to something strong and sturdy. If you can get someone to hold the ladder while you're up it, even better.

When you have to move the ladder, again get someone to help you if possible and never stretch or overreach when you're up it because this could destabilise you or it - move it instead.

The angle of the ladder is another important consideration when it comes to safety. To work this out, simply make sure that the distance of the feet from the wall is 25 per cent of the ladder's height.

ELECTRICITY

Electricity is another danger area for DIYers and doesn't, of course, mix with water. This means that even if you're just washing down walls in preparation for decorating, you should turn the electricity off first. If you get water into any of the sockets or switches, don't use them until you're positive they've dried out.

Another thing you mustn't get wet, especially if you're outside,

is an extension cable. These often need to be uncoiled before use because they may overheat if not: check the instructions to find out.

When using power tools (or any electrical device) outside or in damp conditions, ensure you use a residual current device or power breaker, which will automatically cut off the electricity if an accident happens or the tool malfunctions.

Whenever you're plugging power tools in, be sure not to overload the socket with plugs. This, of course, applies to sockets in general. And if you're ever changing or checking plugs, ensure that the connections inside are tight and that the cord grip is tight around the cable, rather than the wires.

Moulded plugs are commonplace these days and allow you to easily change the fuse but not get inside the plug. It goes without saying that you should never do anything to a plug unless it's unplugged, you shouldn't tamper with moulded plugs, apart from the fuse, and you shouldn't wire a conventional (non-moulded) plug unless you're sure how the connections go.

If a power tool stops working, changing the fuse is one of the first things you should try (if it has blown, switch off the electricity and unplug it immediately). It may be that it doesn't have the right fuse. To check what the fuse should be, read the manufacturer's instructions or look on the plug itself. Alternatively, fuse packets and reliable DIY websites and books should have this information. They should also tell you how to wire a plug safely.

Kinked, damaged or frayed cables make a power tool or appliance unsafe to use, and remember not to adjust or clean power tools when they're plugged in. If you're at all unsure about anything electrical, stop what you're doing and ask an expert. This will help keep you safe when doing DIY.

Julia Gray

DIY safety

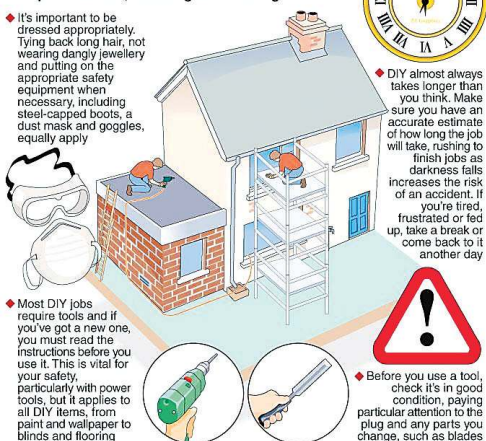
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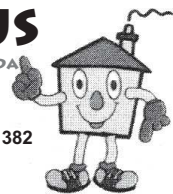
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Tiguan ticks all the right boxes



It might have taken Volkswagen a while but it can finally claim to be a member of the compact SUV club. With its Tiguan model, the German firm hopes it can mirror the success it has experienced with its larger Touran model.

The initial signs are promising. The Tiguan's styling might have one foot in the conservative camp, but there's no question that it's anything but a Volkswagen.

In fact, there are more than a few hints of Golf, Golf Plus and Touran as you cast your eye around the Tiguan, which should be seen as a positive if you're a car maker seeking to nurture a sense of loyalty from existing VW owners.

Inside too the Tiguan will be familiar to VW fans. The cabin is up to the firm's usual high standards, which means the copious use of quality materials and a strong emphasis on simple, straightforward controls and displays.

And yes, if you've seen inside a Golf Plus or Touran you'll feel right at home.

The various similarities with

the rest of VW's compact line-up ends when you examine the Tiguan's mechanical CV, though.

This is one of the new wave of soft-roader SUVs that's capable of more than you think. Boasting VW's 4 Motion all-wheel drive system, a usefully generous ground clearance and a choice of departure angles.

Talk of departure angles is usually reserved for hard core mud-pluggers, but in the Tiguan's case VW offers a more extreme 28 degree option.

Essentially the car's nose is subtly altered to reduce its overhang, thus increasing the angle at which the car can depart from, say, a stream you've been wading in.

Completing the Escape trim level is a sump guard, electronic hill decent control, a protective radiator cover and a compass.

Don't think you'll need all that kit? Not to worry, the regular Tiguan is a pretty decent car even in standard trim.

Volkswagen is offering the car in Trend, Track and Sport specification. All these models boast a more road-friendly 18 degree departure angle, which should be fine for most mild off-road activities.

Actually, it's widely acknowledged that nearly all compact SUVs spend all their time on the road, and in this environment the Tiguan excels.

Although it's a little taller than a Touran or Golf, the Tiguan still feels solid and secure around corners. Ride quality is also good and especially so around town - somewhere the Tiguan and its ilk spend a lot of time.

With the car's lofty driving position comes good all-round visibility, making it easy to spot that elusive city parking space before anyone else and see over hedges when you eventually make your escape from the urban jungle.

Helping the Tiguan on its way are two engines, one petrol and one diesel. It's fair to assume more will follow over the car's lifecycle, however the choice at launch is between a 1.4 TSI (150 horsepower) petrol and 2.0 TDI (140 horsepower) diesel.

Either works fine for general duties, and if you have no intention of towing anything or venturing off-road the 1.4 petrol with its forced induction helping hand should suit city dwellers down to the ground.



For more adventurous running or if you plan on hauling anything behind the Tiguan, the diesel motor is probably a safer bet.

The engine's extra low down torque certainly helps, and if you want the optional six-speed auto gearbox to replace the standard six-speed manual then you're going to have to opt for the oil burner.

In the real world, the diesel boasts a slightly lower CO2 figure 189 against the petrol's 199g/km and there's also the better fuel economy and more relaxed motorway cruising performance.

Thankfully deciding which engine to go for is the only real hardship you're likely to encounter when buying the Tiguan, as Volkswagen's generous nature has spilled over into the cabin.

All cars get alloy wheels, aircon, an MP3 compatible audio unit, ABS, ESP, Brake Assist plus

twin front, side, head and curtain airbags as standard.

Options include the aforementioned auto gearbox for the diesel model, plus a rather good touchscreen sat-nav unit and VW's clever Park Assist system, which does all the steering for you.

It would be wrong to chastise Volkswagen for taking its time in coming to the compact SUV party. The Golf is, after all, the firm's bread and butter line, and despite ever increasing competition in the family hatch sector it remains a strong contender.

As a company Volkswagen remains a conservative outfit, and this is most evident in the design of its many different products.

However, eschewing the flash gimmicks of its many rivals has proven to be a smart move.

The Tiguan is not a car that sets out to surprise you with a raft of fussy details. Quite the opposite, it impresses you with its ability to get the job done.

Refinement levels are high, as is the car's overall build quality. And it's these attributes that more often than not win over regular buyers like you and me, especially when your own money is involved.

As a family car the Tiguan is more versatile than your average five-door hatch, yet is as vice-free as a Golf or Touran - which in my book is called a result.

FACTS AT A GLANCE

Model: Volkswagen Tiguan Sport 2.0-litre TDI 140 4MOTION 6spd manual, from 44,240 on the road. Tiguan range from €30,909 to €47,878. On sale February 2008. Engine: 2.0-litre diesel unit developing 140hp. Transmission: 6-speed manual transmission as standard, driving all four wheels auto optional. Performance: Maximum speed 186kmh, 0-100kmh in 10.5 seconds. CO2 emissions: 189g/km. Economy: 7.2l/100km.

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Knorr film 'The Best soup in the World' in Sortelha

World famous stock and soup-maker, Knorr, filmed their latest soup commercial in the historic village of Sortelha, using local figures. And the launch of 'The Best Soup in the World' was a mega event held at the Centro Cultural de Belém Auditorium in Lisbon, the culmination of their most recent campaign to promote Knorr Frescas soups.

Portugal has a long tradition and high regard for its soups, and the new Knorr Frescas soups are made with only the best, fresh vegetables. The Portuguese know soups like no one else and would not accept any old soup. The commercial illustrates this through a story, which takes place in a remote Portuguese village, which prides itself on producing 'the best soup in the world'. One day this peaceful accord is overthrown with the news that an even better one has just arrived....

The local inhabitants of Sortelha, an historic village in Portugal, participated in the filming, with the intention of appealing to the sense of tradition and 'goodness of the soil', reminiscent of the natural freshness and taste of Knorr Frescas soups. The campaign, produced by JWT, was created by Tiago Cruz and Isaac Almeida, under the creative direction of João Oliveira and Jorge Barrote. The promotion continues until the end of March, and will be presented, in its first phase, on tel-

evision, billboards, press and the Internet.

To launch Knorr soups, Knorr recently brought to Portugal, in the Centro Cultural de Belém Auditorium in Lisbon, the Vienna Vegetable Orchestra, a unique show of vegetable sounds, to which more than 1,000 members of the media and others were invited.

The Knorr Frescas soups claim to offer the Portuguese a soup as good as their best, which they are traditionally, accustomed to, but with total convenience. To further contribute towards a more healthy life - above the seal are the words 'Eat soup. Live better'. Available in a variety of flavours such as chickpea and spinach, carrot and pumpkin, asparagus and mushroom, Frescas soups are ideal for a simply prepared meal, quick and tasty, containing real pieces of vegetable and an incredibly authentic taste, as if they were home-made.

For more information contact: Caládia Carvalho (Group GCI) Tel: 213 583 092 email: ccarvalho@grupogci.net

Mediterranean recipes

Eating a Mediterranean diet during pregnancy could ward off asthma and allergies in babies, according to new research. To give you just a taste here are two recipes taken from the new cookbook, '1001 Foods' (reviewed in last week's edition), which has an introduction by leading food writer, Terry Durack and is a compilation of recipes from top chefs.

Pasta e Fagioli

Ingredients Serves six
50ml extra-virgin olive oil
2tbsp chopped onion
3tbsp chopped carrot
3tbsp chopped celery
3 or 4 pork ribs
4 tomatoes, peeled and chopped
1kg fresh borlotti beans (white or red)
750ml meat broth/stock
Salt
Freshly ground black pepper
250g small macaroni
15g butter
2tbsp freshly grated Parmesan cheese

To prepare:

Put the olive oil and chopped

onion in a soup pot and turn on the heat to medium. Cook the onion, stirring it, until it becomes coloured a pale gold. Add the carrot and celery, stir once or twice to coat them well, then add the pork. Cook for about 10 minutes, turning the meat and the vegetables over from time to time with a wooden spoon.

Add the chopped tomatoes and their juice, adjust the heat so that the juices simmer very gently, and cook for 10 minutes. Shell the beans, rinse them in cold water, and put them in the soup pot. Stir two or three times to coat them well, then add the broth. Cover the pot, adjust the

heat so that the broth bubbles at a steady but gentle boil, and cook for 45 minutes to one hour, until the beans are fully tender.

Scoop up a ladleful of the beans and mash them through a food mill back into the pot. Add salt, a few grindings of black pepper and stir thoroughly. Check the soup for density, it should be liquid enough to cook the pasta in. If necessary, add more broth.

When the soup has come to a steady, moderate boil, add the pasta. Taste for doneness after a few minutes and stop the cooking when the pasta is tender, but still firm to the bite.

Before turning off the heat, swirl in the butter and the grated cheese. Pour the soup into a large serving bowl or into individual plates, and allow to settle for 10 minutes before serving with crunchy croutons.

It tastes best when eaten warm, rather than piping hot.

Mediterranean larder must-haves

The Greek research shows that for good health, and children less likely to suffer from complaints such as asthma wheeze and allergic skin problems, the diet in pregnancy should include:

Vegetables more than eight times a week, fish more than three times a week and legumes such as beans, more than once a week.

Cereals, particularly wholegrains rich in antioxidant compounds of vitamin E, have also been shown to have a protective effect against asthma in children.

Eating red meat more than three or four times a week, however, appeared to increase the risk of allergies according to a study by medical journal, Thorax.



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for mums-to-be



Cod with Puy Lentils

Ingredients Serves four
250g dried Puy lentils
1 onion
1 bay leaf
For the salsa verdi:
1 large clove garlic, chopped
1/4 tsp salt
1tbsp Dijon mustard
2tbsp chopped capers
25g chopped flat-leaf parsley
4tbsp lemon juice
1/4 tsp black pepper
250ml olive oil
For the fish:
4 (150 to 175g) pieces cod fil-

let, 1.5 to 2.5cm thick
1/2 tsp salt
1/8 tsp black pepper
1tbsp unsalted butter
1tbsp olive oil
To prepare:
Put the lentils, the onion, and the bay leaf in a pan and cover them with cold water. Bring to the boil. Simmer, uncovered, until lentils are just tender, 12 to 25 minutes.
Drain, reserve 125ml of the cooking liquid, and transfer the lentils to a bowl. Discard the on-

ion and bay leaf.
For the salsa, stir all the ingredients together. To cook the fish, pat it dry and sprinkle it with salt and pepper.
Heat the butter and oil in a frying pan over a moderately high heat, then sauté the fish, turning it over once, until browned and just cooked through, six to eight minutes.
Serve the fish on a bed of lentils and spread the salsa verde on the fish. Garnish with lemon wedges and parsley if desired.

Find yourself a 'Breakfast Buddy'

For nearly half of us (47%) the first meal of the day is a solitary experience; even in families, less than one in five eat breakfast together. With 14% skipping it completely. So finding a Breakfast Buddy and enjoying the meal together could be a simple way not just to transform that lonely start to the day, but perhaps also to improve relationships and build friendships. That 'buddy' could be a child in your family, a boss, work colleague, or a friend. You could even turn it into a club and invite others!

An Apple and Cinnamon Milkshake (see online at: www.farmhousebreakfast.com) is a delicious and healthy way to awaken your tastebuds. Serves four and takes just 15mins. to prepare.
Use 600g eating apples, peeled, cored and sliced; 60g clear honey, 1/4 tsp ground cinnamon, zest of half a lemon, 75g porridge oats, 150g low fat natural yoghurt and 600ml semi-skimmed milk.
Place the apples, honey, cin-

namon, 3tbsp water and lemon zest in a saucepan. Cover and cook for 10 minutes, stirring occasionally. Allow to cool.
Toast the oats under a preheated grill for 2-3 minutes until lightly browned. Place the stewed apples, oats and yoghurt in a food processor and blend until smooth. Gradually blend in the milk.
Pour into 4 glasses and serve chilled, garnished with freshly chopped apple. It has 273kcal,

with 10g protein, 5g fat, and 38g sugars.



Liquid assets

The Gallo Family Vineyards Turning Leaf Merlot, pictured right, with its full flavours of fresh dark berries and jammy red fruit, could be ideal. Available from quality supermarkets and wine merchants.

For a chicken or fish dish you might prefer a chilled, dry white wine.

Charles Back Chenin Blanc Viognier 2007, pictured below, is a full-bodied dry white with an abundance of exotic fruit flavours. It's a premium wine available from quality supermarkets and wine merchants.

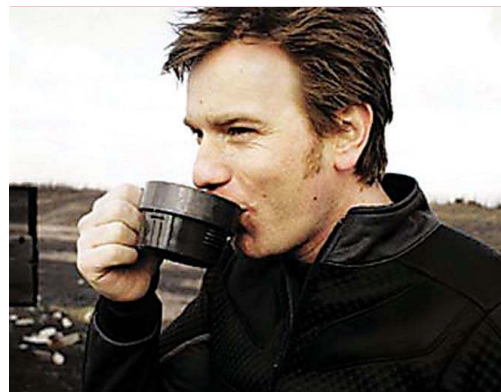
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you're drinking it though, because research has just revealed that a bottle of wine tastes better the more you pay for it.

Higher prices are more likely to trigger the part of the brain that registers pleasure, according to Antonio Rangel of the California Institute of Technology.

Coffee with a little something extra



Wouldn't it just be great to leave your job, travel by motorbike from Scotland through Africa, and sip coffee in Uganda with Ewan McGregor at your side?

Well, the closest you might ever come to that is by having a cup of Cafedirect's Mount Elgon

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He and friend Charley Boorman met up with the Gumutindo Coffee Co-operative for BBC 2's action-packed adventure Long Way Down, which profiled their journey through 20 countries.

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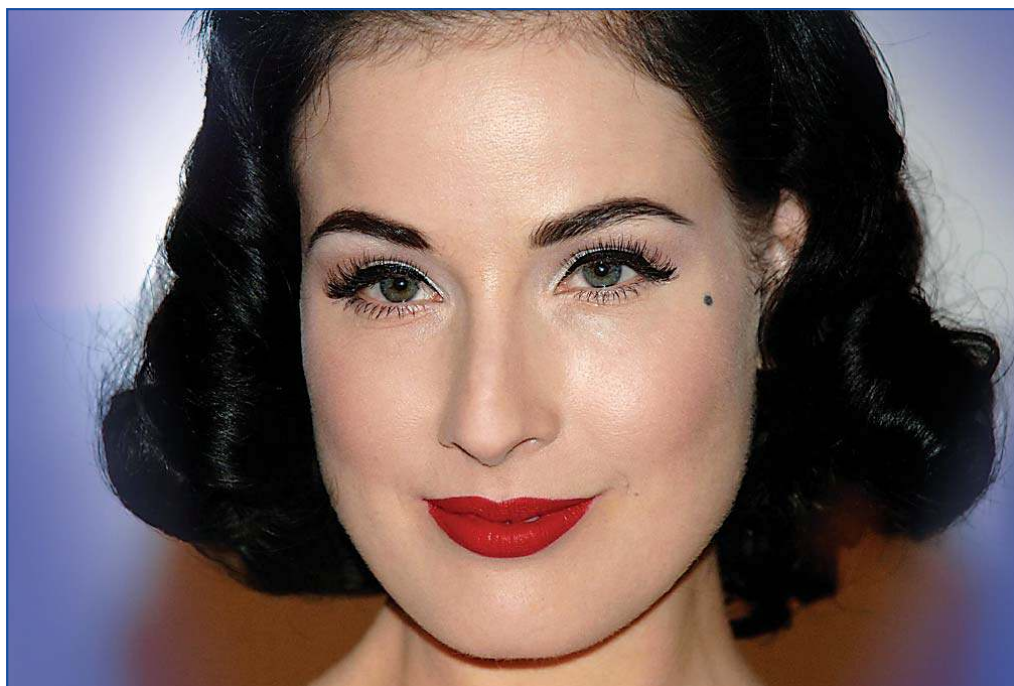
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Life begins at the Forties



Dita Von Teese's trademark look draws heavily on sexy 1940s styling with scarlet lips and glossy waves. (Photo: Press Association)

Make like a Forties screen siren with this season's glamorous look. This season, celebrities and make-up artists have fallen head over heels in love with the 1940s. This classic look will give you an air of Hollywood glamour with one pout of your pillar box-red lip.

Dita Von Teese's trademark look draws heavily on sexy 1940s styling with scarlet lips and glossy waves. The burlesque artist is such an admirer of the decade, it was recently announced she's designing her own collection of vintage style lingerie.

Actress Kelly Brook is also a self-confessed fan of the decade, regularly drawing on it to style red-carpet looks. She says: "I look to the irrepressible Bettie Page when I want 1940s inspiration, because she exuded a happiness and self-confidence that's rare today."

But you don't have to be a red-

carpet glamour girl to fall in love with classic Hollywood beauty. Take our easy guide to working the screen siren look every day.

1940s Face

This Autumn/Winter season, faces are pale and interesting with the emphasis on a bold look-at-me red lip. Achieving the air of a Hollywood goddess doesn't have to take hours in a swanky dressing room. Chase Aston, makeup artist for The Body Shop, shows you how to bring the 1940s into the noughties:-

LIPS: "To achieve a classic red lip and retro glamour, apply a

bold red lipstick to a bare lip, pucker down and gently pat colour with fingers for a super matte look," he advises.

BROWS: "Bold brows are a key look for the 1940s inspired face, so put away the tweezers and allow your brows to bloom," Chase says. "Using a baby toothbrush, brush brows up, then using a brow pencil, shape and define in a bold stroke following the natural shape. Finally, comb through with a lash gel to set with a glossy sheen."

BASE: "A natural, flawless matte complexion was the look favoured by 1940s Hollywood

starlets. To avoid your base from looking too mask-like, use a cream to powder foundation and apply using a foundation brush. This ensures a natural yet flawless finish," Chase recommends.

Wavy Wonder

Want Veronica Lake inspired waves? Actress Cate Blanchett is often seen working this classic style on the red carpet. Forget the high maintenance blow dry to achieve 1940s hair. Get the look in front of your mirror at home using Kevin Murphy's style techniques:-

· If you want smooth waves,

apply a setting lotion or curl enhancing lotion to wet hair and dry in with the use of a diffuser.

· After your hair has dried, roll your hair into rollers. It should be the top section rolled back off the face, the sides rolled down. Behind the ear and back should also be rolled down.

· It's a good idea to then cover with a hair net and heat up the hair with a dryer for ten minutes then let cool for five minutes.

· Remove the rollers without disturbing the hair too much and let the hair drop of its own accord. The result will be soft wayward natural looking waves with no frizz.

Nail The Look

Fire engine red nails are key to giving your look top-to-toe fi-

nesse. For extra sheen and to protect your nails from unsightly reddish staining use an all-important base coat.

To nail an up-to-date talon trend hot off the catwalks, Carolyn Sears at Zoya has this advice for a twist on classic red: "Dita von Teese is the epitome of 1940s chic and has adopted one of it's huge nail trends - leaving a half moon at the base of each nail and painting the rest of the nail in brilliant scarlet."

"It's not the easiest look to achieve at home, but the effect can be amazing when done by a professional."

If your nails aren't up to scratch, why not fake it with pre-painted red colour nails? All the glamour, minus the hassle.

Lisa Haynes

Beauty gets the blues

Go true blue with the latest in indigo make-up. Blue lips may be traditionally associated with extreme cold, but looks created for Louis Vuitton's catwalk collection have made blue beauty hot, hot, hot on the trend radar this season.

Models sashayed down the Spring/Summer 08 catwalk with bold blue lips, which proved almost a bigger attraction than the clothes. Karl Lagerfeld's S/S show also took on the true blue look with an emphasis on eyes, using two-tone blue and yellow liner.

Following suit, Givenchy launched their Denim Fetiche range in January featuring a limited edition collection of pretty jeans-inspired products for spring and summer.

"The focus of the S/S 08 catwalk shows was dominated by smoky eyes but with a vibrant and light hearted twist," says Nicolas Degennes, Givenchy's artistic director.

"Indigo and blue shades and textures are ideal as they have a shimmer and create a smoky effect without looking flat and dreary. The Indigo-look also looks really fresh with a rosy pink cheek and neutral lips."

Blue, it seems, is no longer a colour best left in the 80s. Take your inspiration from the cat-

walks and turn it into a wearable oh-so-now shade.

Lips

This spring is all about colour. And if you're feeling brave, get pouting with blue hue lips to make a dramatic seasonal statement.

"It's all about the bold lip," says Max Factor make-up artist Pat McGrath, backstage at Louis Vuitton. "We wanted the girls to look almost hyper-real, with this very different lip colour offset by perfect skin and a touch of mascara."

Pretty cornflower or electric shock, choose your shade and put a whole new spin on the ice-maiden look for spring. For a softer appearance, sheeny lip glosses with a blue tint have a flattering, teeth-brightening effect.

Eyes

If you want to experiment with indigo for everyday wear, work the look with your eyes, more specifically, the lash line. A subtle blue eyeliner placed along the upper lash line, with a soft light neutral shadow all over the lid and a healthy dose of mascara is pretty and wearable.

But if you want to dive into the blue head first, Nadira V Persaud, celebrity make-up artist, has this advice: "By mixing in a few drops of water to indigo eye colours you can create a much more dramatic look."

"For a twist, go to town with a flash of colour by lining the inside of your eyes with turquoise blue or purple then load up with mascara. Colour concentrated on the lower lashes can achieve a quirky look; try a vibrant purple mascara and liner and use only under your eyes."

NAILS

If you're not embracing this season's blue mood with your make-up bag, give a subtle nod to the trend with your talons. Navy became one of A/W's (Autumn/Winter's) hottest nail shade but can easily be carried through to this season to pick up on nautical fashions. It's also a great alternative to gothic black or dark berry shades.

Rock the boat this summer with navy, or take inspiration from the sea with bright azure blues - another big colour on the S/S catwalks.

Lisa Haynes



Blue, it seems, is no longer a colour best left in the 80s. Take your inspiration from the catwalks and turn it into a wearable oh-so-now shade. (Photo: Press Association)

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Change of seasons

Make the move from your winter wardrobe to the new spring/summer season. This time of year it's always tricky to get your wardrobe to suit the weather.

While the high street is full of flimsy summer fashions - even swimwear - you're still very much surgically attached to your woolly coat and winter warmers. It may seem like suitcase essentials and summer soiree dressing are a long way off, but not in fashionland.

A transitional wardrobe is your key to an effortless jump from winter to spring styles.

But before you picture your bank balance taking a tumble, you don't have to overspend on new togs to make the most of double season styling. A few essentials are all you need to don those whimsical dresses and nautical fashions right now.

So step into spring while keeping one foot firmly in winter with our expert advice on transition dressing.

Seasonal Swap

So how do you make the daunting move from woolly knits to floral frocks - without suffering frostbite? The key is not to swap your seasons in one fell swoop. Tights and long-sleeved tees will be your winter saviours.

"Tea dresses and summery frocks will look a bit lost at this time of year worn alone but you can start wearing them now with your base layers," says celebrity stylist Rachel Fanconi.

"Go shopping in black tights and a long-sleeved top or roll-neck so that you have that all-important base layer ready for trying new season styles on."

"If you're shopping for a

transitional wardrobe, keep as much of you covered as possible. The sight of acres of white flesh is certainly not going to inspire you to try on summer clothes!"

And if you have to buy just one thing to move stylishly through the seasons, Rachel recommends you make it a mac.

"The key piece for a transitional wardrobe is a fabulous mac," she advises. "It's well worn spending money on as you'll keep a classic one forever and feel great even when the weather's awful."

Getting Personal

If the thought of getting your top-to-toe transition wardrobe right is daunting, let someone else do all the hard work and visit a personal shopper to get the job done in one hassle free trip.

"A personal shopper can work with you to sort out pretty much any wardrobe dilemma, from a quick update to a major overhaul."

"Your personal shopper should be able to help you navigate the trends and advise which ones will work for your body shape. Unless you're shopping for an outfit for a particular occasion their usual aim is to equip you with a wardrobe of pieces that will work in different ways together - and with your existing wardrobe."

"It's a pretty simple way to start building a 'capsule wardrobe', buying things that are versatile and work together."

Don't be fooled into thinking you'll be forced into spending a small fortune the moment you

enter the personal shopping booth.

"There's an expectation that personal shopping is going to be an expensive undertaking," Rachel says. "If you examine your annual spend and set aside say a quarter of that for a one-hit fashion update, you'll be surprised at how much better your wardrobe will work together. Far better than constantly buying odd bits that don't go with anything else."

Transition Tips

Transition dressing doesn't have to be difficult. Go forth with your secret weapon layers and update your winter wardrobe with flashes of S/S (Spring/Summer) trends.

Rachel has these top transition pointers:

- Buy things that will work layered up right now, for example, lighter summer tops with a long sleeved top underneath and a jacket on top. They can then be worn solo as the weather heats up.

- A great jacket's always a good starting point for a transitional wardrobe as it can be adapted to go with many different pieces from jeans to frocks.

- Hosiery is invaluable at this time of year. Wear opaque tights - dark or brightly coloured - and you can pretty much do anything footwear wise. Even summery heeled sandals can be worn with tights. There are no rules right now, you can even go Prada-esque and pair them with slouchy socks.

- Spend your money wisely on investment pieces. It's best to spend the most on the item that will get the most wear - at least it'll then work out as a good cost-per-wear buy.

- Other key items for your transitional wardrobe include good tailoring and lightweight knits.

For more information on Rachel Fanconi visit www.rachelfanconi.com

Lisa Haynes



So how do you make the daunting move from woolly knits to floral frocks - without suffering frostbite? The key is not to swap your seasons in one fell swoop. (Photo: Press Association)

It's in the jeans

Get the blues with denim's latest looks. Trends may come and go but if there's a staple that always survives season after season, it's trusty old jeans. Long the wardrobe stalwart of the style savvy, denim jeans have been around for decades.

Victoria Beckham's Rock & Republic jeans may set you back over €400, but you don't have to be a label-lover with a fat wallet to work the latest trends. This S/S (Spring/Summer), the high street has hoards of jeans in a myriad of cuts and colours.

Move over skinny jeans, there's more than one shape making a statement this season.

"I think this is the first season without an 'It' jean," explains Suzy Radcliffe, founder of Radcliffe denim (www.radcliffedenim.com).

"I'm waking up one morning and putting on my ankle skimmers with some ballet flats, the next morning some wide-leg jeans with wedges, and the next day a bootcut. It's fantastic we can wear so many different styles depending on our mood."

We look at the key shapes all denim divas need in their wardrobe this season.

Bounce-back Bootcuts

The newest shape on the block this season, bootcuts are well and truly re-born and made their comeback with a very stylish ambassador. When trend-setter Kate Moss stepped out in a flattering pair of Diesel Louvels, the high street quickly followed suit.

But forget the bum-skimming variety. Suzy says: "Overall rises are inching upwards but stopping way short of the belly button. Customers are bored of jeans showing everything when you sit down."

Floaty Flares

If one pair of jeans had to scoop the award for 'Jean of the Season', then step forward the flare. To be bang on trend, take your waistline higher.

"The high-waisted flare is of the moment. Seventies' style, here we come!" says Donna

Thornton, owner of designer denim boutique Donna Ida (www.donnaida.com).

Wide-leg flares are a key way to tap into this season's sexy Boho vibe. Just add stack Seventies' heels and Farah Fawcett flicks and you're ready to go. Avoid flat shoes at all costs (to your feet), as flares will leave your legs looking short and stumpy.

Skinny Minnies

Our ankles may have been given some serious volume with bootcuts and flares back in vogue, but there is a figure-hugging alternative. Skinny jeans are going nowhere fast but come in a new cropped guise this season.

Look for styles cropped just above the ankle - perfect for showing off your favourite pair of heels. Balance the skin-tight look with volume on your top half.

Donna says: "I

think we'll be going back to a lot of skinnies and straight cuts in A/W (Autumn/Winter) but before you worry about spillage, they'll be high-waisted."

Dire Straights

Classic fans, fear not. Old faithfuls are still hot for this season. Go smart in dark-wash denim or embrace a summery California vibe with super-light faded denim.

The key to picking the right pair is all in the back pocket detail. If they're too small, an ample behind will end up looking even bigger. Versatile straight legs can be worn just about anytime and anywhere - just dress up or down with flats or futuristic heels.

Bountiful Brights

If you're looking for the hottest denim shades this summer, stick to "very pale and clean colours," Donna recommends.

But those who want to break free from denim wash norms should head for bold colour. "Yellow is big, but red, aqua and green are also the colours to buy," Donna says.

Coloured jeans aren't a figure fixer, however, so steer clear if you have bum or thigh hang-ups. From in-your-face fuchsia to canary yellow, keep your top half simple and let your bold jeans do all the talking.

Lisa Haynes



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Rain did not stop play!



Photo: Hugo Machado

Rain failed to dampen the spirits of those playing in the 9th yearly Old Village Classic Tournament, which was held at the Quinta do Lago North Course, one of the most challenging golf courses in the Algarve. Those taking part enjoyed a competitive tournament, against fellow Old Village owners and their guests.

The winners for the different categories were: Terry Fox in the Men's Category, Fiona Butterly in the Ladies' Category, Manfred Jones in the guest category, Brett Lidsey in the Junior Category, Robert Wallace in the Longest Drive, and David Chadwick won the nearest the pin and also the "special prize".

The presentation of prizes took place at a dinner provided by the Casa do Largo Restaurant in the Old Village. Everyone agreed this was a memorable way to draw to a close, yet another successful Old Village Golf Tournament.

BOWLS ALGARVE

Exeter Friendly Society League

Unfortunately the weather washed out the full programme of matches scheduled for Saturday 23rd. These games will be rearranged by mutual agreement. Meanwhile, the championships have reached the semi final stages and these will be played at Tavira on Friday and Saturday 7th and 8th March. In the mens singles, John Laskey of Alvor will play Clive Moore from Tavira and in the other game John Jones from Alvor will take on Dave Berbridge from Albufeira. The Ladies singles will feature Chrissie Laskey (Alvor) against Rene Berbridge (Albufeira).

In the pairs, Mr and Mrs Laskey feature again and they will play either John Freeman and Barbara Moore (Tavira) or Alan and Frances Reynolds (Alvor). The other pairs games is between Jim Miller and Cliff Tanner from Albufeira who take on either Mike and

Catherine Webb (Alvor) or Jack Pendley and Ron Richards also from Alvor.

The triples sees an all Alvor match between Alan Clarke, Alan Reynolds and Paul Johnson who play John and Chrissie Laskey and Mike Boon. The second triples sees Brian and Lesley Walker and D. Laing from Vale do Lobo play Sheila Rapsey, Pat Gibbs and Thelma Johnson from Alvor. Finally in the fours championship, Alan Clarke, Sheila Currall, John Palinski and Jimmy Jones (Alvor) will play John Denn, Peter Judge, Lilian Judge and Jan McGlynn from Vale do Lobo whilst Max Hodges, Brian Gill, George Wood and Cath Wood from PDF play Paul Johnson, Thelma Johnson, Sheila Rapsey and Pat Gibbs.

All in all this promises to be the best and most competitive series of matches yet seen in the inter club championship.

Drytec Thursday League

Round eight of the Drytec league took place last Thursday at Parque da Floresta. Alvor continued to dominate this league, winning their eighth match in a row, beating Tavira by 45-28 and six points to nil. Their nearest challenger was Vale do Lobo, however VDL suffered a reverse at the hands of Albufeira by 47-25.

Isla Canela made the long trek from the Spanish border and enjoyed their day out, although they were beaten 71-16 by the host club. With two rounds to go, Alvor are ten points clear with 43, followed by Vale do Lobo on 33 and Tavira with 24 points. PDF remain fourth on 18, equal with Albufeira, them comes Isla Canela on 8 points.

Blevins Franks, international experts offering financial advice for expatriates, sponsored the first competition of the Royal British Club Golf Society. This was held at Estoril Golf Club. Gavin Scott, the Algarve director of the sponsors, teed-off first on a superb sunny morning - Portugal at it's glorious best.

With the course in excellent condition for the time of year, the scores did not do justice to the prevailing conditions. Ron Goddard won on a countback from David Gray, both played to their handicaps returning 36 stableford points. Harley Barnard completed his round with 33 points gaining 2nd place from Axel Beselin countback. Fifth and sixth positions were filled by Hans Muhlenbeck and

Sally Buxton respectively, both with 32 points.

This year, the society Captain decided that there would be a "Lost Ball Fund" whereby members pay €1 for every ball they lose. At the end of the season, all money collected will be donated to the Cheshire Home in Carcavolos.

Accuracy prizes for nearest the pin and nearest in two were awarded to Hans Ludolphi and David Gray respectively, and the Cow Bell, for the lowest score, was proudly taken by Henk Vandraager. In compensation, he also received a free lesson sponsored by one of the Estoril pros, Gordon Young.

After an excellent lunch at Estoril Golf Club, Gavin Scott assisted the Captain in distributing very generous prizes.



Gavin Scott from Blevins Franks, Harley Barnard, Ron Goddard (Winner) David Gray and Ewan Rankin (Captain).

Algarve Archeological Association

4th March Meeting

The next meeting of the AAA will be held on 4th March at two venues. The first of these venues will be **The Junta Freguesia São Sebastião, Loulé, at 2.30 pm.** In the evening at 6.30 pm will be the second talk of the day at **The Convento de São José, Lagoa.** All are welcome to attend these meetings. For non-members of the association there is a charge of €5. This fee assist many activities within the Archaeological field.

The speaker for the day is **Dr. John Bennet – Understanding the Minoans – life in Crete in the mid second millennium BC.**

The speaker will talk about life in Crete during this time and explaining about the monumental, elaborately decorated palatial buildings and extraordinary rich material culture. He will explore the subject of the Minoan society and their use of the Linear A script. To this day this script has been undeciphered. The transformation of this sophisticated culture in the mid 5th century BC and the implications of the appearance of a new script, Linear B that

recorded the Greek language will be discussed.

His CV reads as excitingly as his topic for the day. He completed his PhD in Aegean Prehistory at Cambridge University. Been a full professor at the University of Wisconsin. Was the first holder of the Sinclair and Rachael Hood Lectureship in Aegean Prehistory at Oxford before taking up a Chair in Aegean Archaeology at the University of Sheffield, where he is current Head of Department.

Our Speaker finds her sights high on the quality of speakers that are brought to Portugal for the AAA. Dr. John Bennet is a proven speaker of the highest calibre coming to speak to the Association. We extend an invitation to all who may have an interest in this subject, or those who would like to learn a little more. Come and join us for either the afternoon lecture or the evening one. You will be warmly welcomed.

Do not hesitate to contact me on 917 26 79 48 for further information Maxine S

Let's Walk to Aguas Bellas

Saturday March 1 - (no Monday walk)

An interesting 2 hour walk in this remote area over the hill tops, some short climbs. All very welcome.

10.30 start - meet at the Cafe Terinho, 2km from Silves. Drive over bridge into Silves, turn right & at next roundabout go left and turn right beside the cemetery. At the far end of the cemetery turn right again and follow the road for 2km, the cafe is on the left.

Walk leader for both; Julie Statham (965 753 033). There is a charge of €5 euros per walk which includes a donation to charity.



* **Diary date - Sunday March 16th - Let's Walk with our Dogs & Pets** (charity walk for the Bamboo animal sanctuary) a 10km walk near Salema, with a short 4km loop for less abled owners and pets. Walk leader: Julie Statham

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Not open pores, but large follicles!

"I use warm water to start with to open my pores and I finish with cold water to close my pores" - one of the most common statements I hear when questioning people about how they wash their face. Many of my clients feel that their pore size is something that they can physically change, and many skin care ranges encourage this approach to pore size. But...shock...you can't actually change your pore size!

So, let's do this right. We're not going to refer to them as pores, we'll refer to them as follicles (that's what all the serious skin buff's call them so that's what we'll call them)! These follicles can appear to be large and 'open' on some individuals or small and 'closed' on others. The correct way to describe them would be in terms of their size either, small, large or normal.

Why do I have small follicles? Many of us 'large follicle individuals' will feel extremely jealous of you, and irritated by the

fact that you don't have to worry about having large follicles. Many things can contribute to the size of your follicles: age, gender, genetics etc. But, the biggest contributing factor to follicle size is oil production. If you have follicles that are small in appearance the chances are, in the majority of cases, that you have a dry or normal to dry skin type. This means that your sebaceous glands do not produce as much oil, therefore your pores remain small and relatively clear of blockages... lucky things!

OK, so yes I have large follicles, are you trying to say this is connected to the fact that I have an oilier skin! Exactly! People with oilier skin (so those of you who notice an oily shine during the day) will have, in most cases, larger follicles. The main reason for this is that your sebaceous glands produce more oil, this oil can become trapped in your follicles with lots of other nasties like skin cells and dirt thus causing blockages. These blockages and

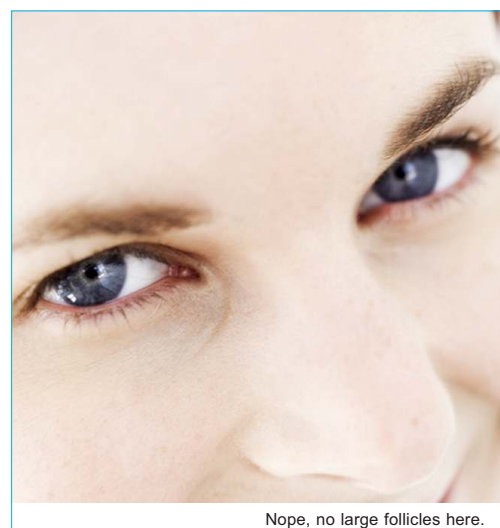
the excess oil production stretch the wall of the follicle, leaving them large and 'open' in appearance.

That's all well and good but I am 55 now and my skin isn't oily anymore but my follicles are still large! The only way to explain this is if you consider huge weight loss. Imagine if someone was to lose 7 stone. That extra weight has caused the skin to stretch, when the weight is lost there will be a lot of spare skin, this skin isn't lost like the weight. The only way to get rid of this skin would be to have a tummy tuck or some form of surgery, otherwise the skin will be loose and baggy. Now imagine this with your follicles. For a long time your follicles have been stretched with excess oil, dirt and skin cells, now that you don't produce as much oil or get blockages your follicles still appear large because they can't retract back to how they were.

So if I have follicles that have been stretched is there nothing I can do? There are things that you can do that will help to reduce the appearance of the follicles, this is on a visual level. Firstly and most importantly you need to stop buying all those products that claim to 'minimize pore size', they don't work and be-

cause of what they claim to do you will end up paying more. You need to keep your skin clean, just to make sure that you don't get any blockages as this will make your follicles appear even larger, using a cleanser recommended for your skin type will do the trick. The next step is to exfoliate, for this you want to use something contains Vitamin A and/or Lactic Acid, as this will effectively exfoliate your skin but will leave your skin hydrated. Another addition to your homecare routine is adding in speciality products. Two particular products that would work excellently in conjunction with one another would be 'Dermalogica Daily Resurfacer' (exfoliator) and 'Dermalogica Skin Renewal Booster', both of these products promote cell turnover and skin renewal, constant turnover of the skin cells will reduce the appearance of the follicles, and improve skin tone and texture, giving a visibly better appearance to your skin.

I have an oily skin now and I don't want large follicles! What you need is a thorough homecare routine that focuses on keeping your skin clean and ensures that you get as few of these 'follicle stretching blockages' as possible.



Nope, no large follicles here.

Once again cleansing your skin morning and night is essential, and also using an exfoliant is important. How often you exfoliate will differ depending on what type of exfoliant you have been personally prescribed. You have the added bonus of being able to use a skin refining masque. As your sebaceous glands are still producing excess oil, you can use a clay based masque that will help absorb excess oils, 'Dermalogica Skin Refining Masque' is a great option for you!

So next time someone tries to

'flog' you the latest 'pore minimiser' simply ask. How is this going to reduce the size of my follicles? You could even go one further and ask if they know why your follicles are large?

Remember all advice given is in general terms, without assessing an individual's skin specific products can't be recommended. Visit your skincare therapist to get an accurate, personally prescribed homecare routine.

Suzie Bell, Senses Skin care Centre, Lagos - www.senses-skincare.com

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Moral dilemma of the 'gift of life'

The UK government's plans to remove organs from dead patients without consent have caused controversy, but there is a desperate need for donation, as highlighted by mother Debbie Stoner revealing how her daughter's organs benefited four patients. We get the experts' views.

Debbie Stoner is only able to look at photos of her daughter Jade on her 'good' days, when the grief over her seven-year-old daughter's death in a road accident doesn't feel quite as raw. But while her emotions over the last year since she lost her daughter still see-saw, one thing never changes - her pride that her little girl helped to save four people's lives.

Debbie, 36, a child care assist-

ant from Dorset, gave permission for Jade's organs to be donated. She explained: "I cradled Jade in my arms until her life had ebbed away and I knew she'd left us."

"While I'd give anything in the world to have her back my greatest comfort is that her life - although far too short - was not in vain. She's saved four people's lives - two of them babies. One of them would not have celebrated her first birthday with-

out her. I'm so proud of my little girl for making that possible."

Yet her decision is not typical - the UK has one of the lowest rates for organ donation in Europe. Last year 2,400 people benefited from a transplant.

There are about 8,000 people on the waiting list at any one time and that figure is increasing annually by about 8%; around 1,000 a year die while waiting for a suitable heart, liver or kidney.

The shortfall is helping fuel a trend - which medical experts call 'extremely worrying and risky' - for people desperate for transplants to 'buy' organs abroad where procedures are far less stringent than in the UK.

But recently Gordon Brown, who himself carries a donor card, stirred controversy by backing proposals to allow doctors to remove organs from dead patients without consent.

If this became law, everyone in the UK would be presumed to be a willing organ donor unless he or she signs up to an 'opt out' register or relatives object.

The plan was also backed by England's Chief Medical Officer, Sir Liam Donaldson who said: "There is a lot of suppressed demand, with doctors not even referring patients onto the list because there is no hope for them."

Critics claim this will give the State the right to decide what happens to people's bodies after they have died and that it raises fears the public could feel pressured to donate.

The British Medical Association, which represents the nation's doctors, supports the policy of 'soft' presumed consent - the system backed by the prime minister - which is already used in Spain and Portugal.

That country has the highest record in the world for transplants and records 34 donations for every million people compared with 13 per million in Britain.

Similar 'soft' consent systems are used in France and Italy, whereas Austria has a 'hard' system where families are not consulted.

Dr Tony Calland, chairman of the BMA's medical ethics com-

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mittee, says: "Our view is that 'soft' presumed consent, where relatives still have the right to refuse, would help raise the profile of this issue."

"That, as well as improvements to the service and a campaign to properly inform the general public about organ donation, are vital so that the taboo surrounding death and the issue of organ donation diminishes."

"Ideally, this would give families an opportunity to properly sound each other out and come to a view on what their loved ones' wishes are before tragedy strikes."

Currently, there is a mismatch between intention and action. According to some studies the number of people who say they are in favour of donation is around 60% while the number actually registered (carrying a donor card) is only around 30%.

Dr Calland says: "We feel that 'soft' presumed consent would ultimately increase donation rates and it would make approaching families about organ donation, often at a terribly difficult time, a little easier."

"If a family has never even considered organ donation and it appears to them to come out of the blue at a time of terrible loss it can be a further shock. For that reason, doctors may often be reluctant to ask grieving families."

Debbie Stoner's experience appears to confirm that view. She supports presumed consent, has spoken at medical conferences giving a parent's view, and adds: "It was my mum who suggested that we went to the doctors and asked about organ donation. I immediately felt it was the right thing to do."

"My impression is that the doctors and nurses are reluctant to approach parents and relatives. Many have subsequently told me they find it one of the hardest things they have to do. It's not like on television, where you see them rushing up with a clipboard. They don't want to intrude or to bring up the subject."

Initially, her husband John was reluctant to agree because he did not want his daughter's body to be tampered with - a common and understandable reaction.

Debbie says: "We talked it through together, we were never rushed, and the doctors explained it was just taking Jade for an operation and she would be treated with the utmost care."

"Afterwards when we saw her in the chapel of rest she

looked just as beautiful as ever. Neither of us have ever had a moment's regret. I was shocked to find out how many people die on transplant waiting lists, and that's not necessary. I hope it will be Jade's living legacy that more people sign up as potential donors."

Jade's heart went to a ten-month-old girl, while a 17-month-old boy with a genetic disorder received her liver. A kidney and pancreas went to a 42-year-old diabetic man, while a 29-year-old with kidney failure was given the other kidney.

Dr Calland says: "Many people say they are in favour of organ donation but their view can be totally different when faced with having to make that decision when their relative is on life support."

"It's about confronting intensely sensitive and personal issues, such as feelings about having an intact person to bury, which is essentially about what the relative feels rather than the person who is being buried."

"An individual, or the family, has to weigh that against whether they can feel altruistic enough to say, 'No I will forgo that comfort for the benefit of somebody I don't know.'"

Government policy is firmly behind raising the pool of donors, partly perhaps influenced by statistics which show that for the decade since donation started (in 1997 until 2007) the number of people receiving transplants in

the UK has remained steady, while the numbers on the transplant waiting list has increased by almost 40%.

Health minister Alan Johnson has recently given the go-ahead for £11 million/€14,580,000 of funding to implement an action plan, recommended by the Organ Donation Taskforce, to help increase UK organ donation rates by 50% over the next five years.

There are plans to set up dedicated teams to retrieve organs 24 hours a day, and double the number of transplant co-ordinators who identify possible donors, talk to bereaved families and inform the national transplant list.

Under the current system, doctors can discuss organ donation only once 'brain stem death' has been confirmed, or when a life support machine is about to be turned off.

The next of kin has the final say, even if the patient is carrying a donor card.

Dr Calland says: "I think the whole system needs to be explained to the public so they understand that the checks and safeguards are in place."

"Many people, for instance, do not realise that the doctor looking after a patient and endeavouring to save his or her life is completely separate to the transplant team, which is as it should be."

"The latter are only involved when the patient's doctor, after every medical avenue has been

explored, finally says, 'We have lost the battle for this patient'."

"We support full agreement between all parties, the family, doctors and the transplant team, before any donation can take place."

He emphasised the stringent tests and scans which take place to confirm brain stem death, but acknowledged: "There's a lot of work to do to create a climate where a system of 'soft' presumed consent with safeguards for organ donation could flourish and where the public feel comfortable and informed."

But there is unease over the issue of presumed consent. Katherine Murphy, of the Patients Association, said: "If people want to give the gift of life that is their right, but it must be something that is a voluntary matter."

And Prof John Fabre, former president of the British Transplantation Society, said: "There is simply no evidence that presumed consent works. The link between presumed consent and organ donation rates is entirely unproven."

"Spain, for example, has a transplant co-ordination network of specially trained doctors and nurses in every hospital likely to have organ donors. That system is the envy of the world, and far superior in scope to the British system and it is almost certainly this, rather than presumed consent that is the main reason for Spain's superior organ donation rates."



A transplant operation.

He believes that presumed consent strikes at civil liberties: "I think there is an ethical issue here."

"The absence of an objection cannot be informed consent. I think it is going to be put more pressure on the poor, the disadvantaged, the illiterate who are

going to be less aware of the issue, and may be less socially confident and find it difficult to say, 'No' to a doctor who says, 'We want to take your relative's organs unless you have an objection,' rather than saying, 'May we have those organs?'"

Gabrielle Fagan

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Leap into a Caribbean adventure



Whizzing through the treetops, 100ft above ground, wasn't quite how I'd expected to experience the lush beauty of St Lucia's rainforest.

Whizzing through the treetops, 100ft above ground, wasn't quite how I'd expected to experience the lush beauty of St Lucia's rainforest. "Come on, Mum," said 16-year-old James, as I stood on the first zip-line

platform with my knees knocking. "You can do it."

Several other members of our party, including a couple of American women of 'a certain age', who were "always trying new experiences", had already

taken off, whooping as they went, and my son, behind me, was keen to get going. I couldn't possibly chicken out now.

I stood nervously while the guides clipped my harness on to the twin cables, took up the sit-

ting position as instructed... and stepped off, trying not to think about the huge drop below me.

There was a whoosh of air, a whizz of the zip-line, and I landed on the next platform within seconds, having not

taken in any of my surroundings!

Having got one under my belt, I started to get the hang of it and enjoy it a bit more, although I still didn't see an awful lot of wildlife. I suspect most of it had been scared off by all these foreigners hurtling through the trees.

James and his new friend, Adam, 14, however, loved it and wanted to do it all again, even if their outfits of hairnets, hard hats and oversized gardening gloves weren't the coolest of teenage gear.

During the 30-minute journey to the Rainforest Canopy Adventure, our driver Neville had pointed out - and stopped to show us - breadfruit and starfruit trees, mahogany, nutmeg and cinnamon trees, bamboo - which can grow 12 inches in a day! - and of course bananas, the island's second biggest industry after tourism.

The fruit are wrapped up in blue plastic bags while still growing to protect them from insects, filter out the sun's ultraviolet rays and keep in moisture. We also saw a flamboyant tree of magnificent red blooms and very long seed pods which local people dry out and use as percussion instruments.

I'm relieved to say that the second sightseeing trip we organ-

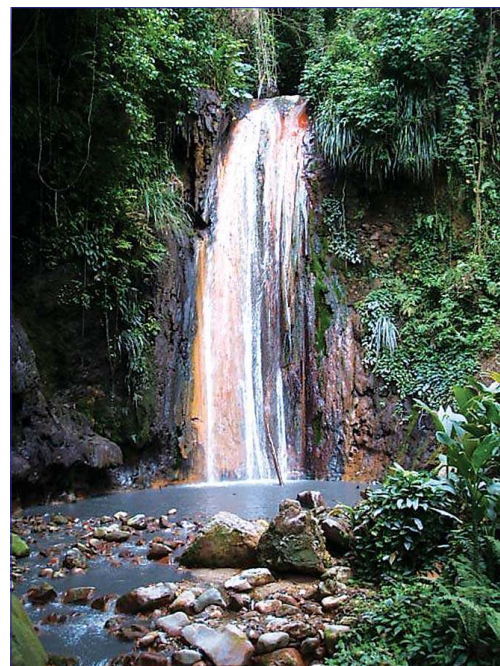
ised during our holiday, to the island's former French capital, Soufriere, didn't involve enacting a Bush Tucker Trial from I'm A Celebrity.

Our driver this time, Edmund, was a fascinating guide and happy to stop for us to take photos of places of interest en route, including two fishing villages, Laborie and Choiseul, and St Lucia's famous twin mountains, the Pitons, which are a World Heritage Site and said to be American TV star Oprah Winfrey's number one place to see.

First we went to the Sulphur Springs, "the world's only drive-in volcano". Partway in we joined informative local expert Christina for a close-up look on foot, and to 'enjoy' the delicate eggy aroma.

Visitors can see pools of boiling mineral-rich mud, which is said to have health-giving properties, and clouds of steam shooting 50ft in the air. One crater is named after an unfortunate guide, Gabriel, who was badly burned when the volcanic crust crumbled as he tried to get a closer look. He lived to tell the tale but would have preferred a less painful route to fame.

Edmund then took us to the Toraille waterfall for a refreshing



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dip before driving to the nearby Botanical Gardens and the Diamond Falls. The magnificent gardens are very peaceful, and teem with wildlife such as lizards and birds, including the Antillean bullfinch and iridescent hummingbirds. So much less strenuous than zip-lining! For a small extra charge you can take a spa bath.

We ended our trip in Soufriere itself, whose impressive waterfront area was the setting for the film *Romancing The Stone*. Unfortunately we had to cut our visit short because of a tropical downpour. Well, it was still the rainy season and, after all, that's what makes this island - dubbed La

Belle Helene - so green and lush. We sampled cones of seamoss-flavoured cream, a local delicacy, on the way back.

In between trips we were happy to relax at our hotel, Coconut Bay Resort & Spa.

My teenagers spent hours in the pool, playing games such as volleyball with their new friends, or splashing about on the waterpark slides and in the 'lazy river'. They also worked their way through the menu of non-alcoholic cocktails at the swim-up bar and sampled the different burgers available from the beachside grill.

I relished the escape of the adults-only pool, where I could

soak up the sun and read my book with only the sound of birds singing and the Atlantic waves breaking on the beach as background - rather than the music and happy holiday noises around the family pools.

The Atlantic breeze was very welcome with the temperature in the mid-80s and high humidity.

One of the highlights of the holiday for my 14-year-old daughter, Lizzie, was being pampered at the hotel's spa. She chose the Teen Treat package, which involved a relaxing facial and back massage, followed by a manicure.

I tried the Hot Stones Therapy, a blissful 80-minute

top-to-toe massage with hot oil and special lava stones. When I was fully "basted", Barbara, my therapist, wrapped me up like a mummy in fluffy warm towels and left me to relax. It was very calming and the feel-good effect lasted for hours.

All the resort staff were delightful, friendly people and nothing was too much trouble. The hotel catchphrase seemed to be "Yeah, man!". When Lizzie decided she didn't like any of the pictures taken of her, one of the resort photographers took her to the gardens and the beach for a 'modelling' session. He ran off about 30 snaps of her to ensure at least one she liked.

In the evenings James and Lizzie did their own thing with their friends, chatting around the pool or in the hot tub, and later on disappearing upstairs to the disco until the early hours.

I spent the evenings in the comfortable lobby, sipping Caribbean Explosion cocktails and enjoying a varied programme of entertainment. There was live music every night and we were also treated to displays of traditional dancing, fire-eating, and limbo and acrobatic dancing.

We tried out local speciality food during a St Lucia theme night, and one of the island's top singers got everyone up dancing at the Pirates Of The Caribbean barbecue evening.

All that relaxing was very tiring and we easily drifted off to sleep every night, serenaded by the musical tones of the whistling frogs.

At the end of the holiday, the hotel's proximity to the airport was a bonus as we were able to stay by the pool to grab some final rays until just two hours before our flight home.

It was hard to tear ourselves away and we hope to return soon to the Helen of the Caribbean... the place that launched a thousand trips.

TRAVEL FACTS

∴ Ginny Warner was a guest of Coconut Bay Resort & Spa in St



Pictured above: A Zipline in St Lucia's rainforest; left: Kids pirate ship in Cocoland, Coconut Bay Beach Resort in St Lucia; below: Gros Piton from the Botanic Gardens, Soufrieres; bottom: The Waterpark, Coconut Bay Beach Resort & Spa. Opposite page - left: Aerial view of Coconut Bay Beach Resort & Spa in St Lucia; right: Diamond Falls, in the Botanical Gardens, Soufrieres. (All photos: PA)

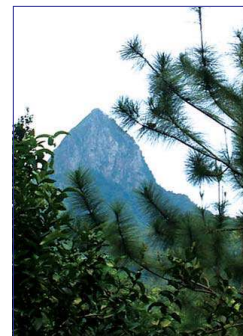
Lucia, and her stay was arranged by Virgin Holidays, which offers seven nights' all-inclusive at the resort from £899/€1,194, including Virgin Atlantic flights ex-Gatwick to St Lucia and transfers. Prices per adult based on two adults travelling and sharing a room, for departures in 2008. Seven nights in St Lucia, flying from Manchester incl. flights and transfers and accommodation on an all inclusive basis start from £999/€1,327.

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Ginny Warner



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GOOD LUCK TO CLEO AND MERLIN AT 'CRUFTS' ON SATURDAY, 8TH MARCH AT 8H30, THE ONLY PORTUGUESE WATER DOGS FROM PORTUGAL SHOWING AT 'CRUFTS'.



Cleo

I am excited and frightened all at the same time. Cleo and Merlin have never been to a venue this big or noisy, that in itself will be a challenge to them, I can only give them so much reassurance. I have tried hard to prepare them for it but at the end of the day it is new to me as well. Actually spending the day sat on a bench seems alien to me and will do to them — here we have our cages and they are happy to sit in them. I will now be adding VetBed to go on the bench, to my list of things to pack. I did at one time think of flying but couldn't work out how I would get all the stuff I needed on the plane in my 20kgs allowance!

The drive itself is something of a marathon, we used to do this drive regularly but it is exactly 4 years since we did our last drive down. From Cleo and Merlin's point of view the drive will be nothing different to any show weekend. We often do a drive of 600+ kms to a venue so that in itself will not bother them. They are travelling in an airline crate as I decided that their travel straps will ruin their groomed coats. (Thank you to Nuno for grooming them so well over the year). Hotels — well they are used to them as well, they have been stopping at them since they were 6 months old, especially the Ibis which are the ones we will use in Europe. They may find any snow and blizzards a bit strange — we used to do this drive at this time of the year and snow and snow ploughs were always involved. They have the fleeces and boots so are ready for anything! Cleo will be her normal silly self about having a pee away from home — however she will have to as she cannot last two weeks, or can she??

Thank you for your support



When you get to read this we will be packing up the car and embarking on 'Our big Adventure' as Julie has decided to christen our visit to Crufts.

Packing is turning into a marathon, trying to cover everything is involving a lot of lists. The packing is not being helped by the presence of two crazy Waterdogs who leap on top of everything as I put it in a pile — they then have to unpack everything — I remember Lennie doing the same, double trouble now. I am packing enough Burns Chicken and Rice to last till Crufts — Burns are then letting me have enough to cover the show and the rest of my stay in the UK. We are taking Natures Menu for treats and special meals, again I am taking enough to last till Crufts and Natures Menu are supplying the rest. I have to remember all the grooming equipment and shampoos etc. Again, if I need any more grooming products, the Doreen Paige stand will let me have what I need. All medications to cover the 'what if' situations. Passports — well all is sorted with them, just have to remember to take them with mine! Then just to really stress me my trusty hair dryer blew up on Friday so I have to remember to buy myself another — with an adapter for the UK.

I am going to try and write a log while I am away so that I can update my Cleo and Merlin's Road to Crufts when I get back. This will then go on the website with all the other parts I have written. The road to Crufts has been quite a minefield, an interesting one, but still I wonder if I have actually got everything I need. I now have the entry cards so I must have done something correct. I still can't quite

believe that I have managed to get them qualified and get them this far.

I want to thank all of our clients for their support and their good wishes. I also want to thank a few other folk, Jim for backing me and stopping at home babysitting the other dogs whilst I charge around the country — also thank you to him for taking me to some shows. I know he finds Dog Shows quite the most boring idea ever — so thanks for coming — worth it to see little Merlin win his Best in Breed the other week!! Thank you, to Julie for her encouragement and constant faith in me, and my Son Paul in the UK, again for his faith in me. To Julie's family for taking me to several shows and making the shows even more special. The very biggest thank you to Laura from Merrylegs — without her, her encouragement, her constant advice, all her driving, and her help with training, I would never have even thought of taking a dog to a dog show. So it's all your fault Laura, but thank you, you have given me so much focus in my life since you started taking me with



Merlin

you. I know Julie, Laura and Clare will be at Crufts to help me with moral support and any practical help I need. Thank you also to all of Laura's family as well, for their help and support. Thank you to Isabel from Pedra da Anixa Waterdogs near Lisbon, for her guidance with Cleo and Merlin especially over the last few weeks. There are many other wonderful people I have met along the way, Paulo and Clive from Sintra who breed Parson Terriers and have boosted me up when the going has been tough, and been there to cheer me at the good times. So many people, too numerous to add.

I have met some wonderful Portuguese people and English, been to some fantastic places over the last 18 months. It is a very hectic hobby especially as all the

shows seem to be North of Lisbon.

One final mighty big Thank You must go to Cleo and Merlin for being such intelligent and wonderful companions and putting up with my attempts at persuading them to do things they would not otherwise have contemplated.

On that note I will go back to the packing and the lists. Laura has been taking my two out for runs over the last week — hoping to build up some muscle — much too energetic for me. The bad weather has intervened however and I don't think I can really expect Laura to be out in the torrential rain running with my dogs!

Protect your pet with knowledge

Copyright © 2008

Jan Copley

Paws 4 Pets 916 273 376

Crufts 2008 Information

6th – 9th March 2008 National Exhibition Centre Birmingham
Cleo (Ibn Harun Coral) is showing in class 1528 (Open Bitch) and Merlin (Ibn Harun Estalo) in class 1519 (Post Graduate Dog) in the Working Group which is being judged at 8:30 on Saturday 8th March. They will both be in "Discover Dogs" at various times during the show.

Crufts Website: www.crufts.org.uk

BBC Website: www.bbc.co.uk/crufts

Paws 4 Pets Disclaimer

With the issues raised following the unfortunate rather direct wording of the small article on the Paws & Claws page in issue 945 of 9th Feb and the resulting article from the Portuguese League for Animal Rights published on 23rd Feb we at Paws 4 Pets would just like to make it known that we are NOT responsible for all the content on the Paws & Claws page. We provide our own articles and our advertisement to the Portugal News but all other content is outside of our control. We do not believe in euthanasia of animals unless medically necessary to prevent suffering and agree with the sentiments expressed by the PLAR.

Jim Copley, Paws 4 Pets

Portuguese Water Dog needs a home

People often ask me whether I know of any Portuguese Water Dogs who need a home. I know of a fabulous little girl, born 28th February 2007 so nearly one year old. She is a typical PWD, full of energy, friendly, intelligent with a very genuine reason for needing to find new owners to love and cherish her.

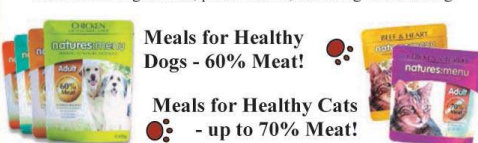
Please contact us at Paws4Pets (282 443 170) for further details and the contact details. Rest assured she is in a very loving home at the moment.

Lovely puppies (will be medium adult dog) 2 months olds, de-wormed & de-fleas, blond and white hair, very sweet and friendly, they are family dogs! If you can give them a good home, call Valérie - 913 860 865

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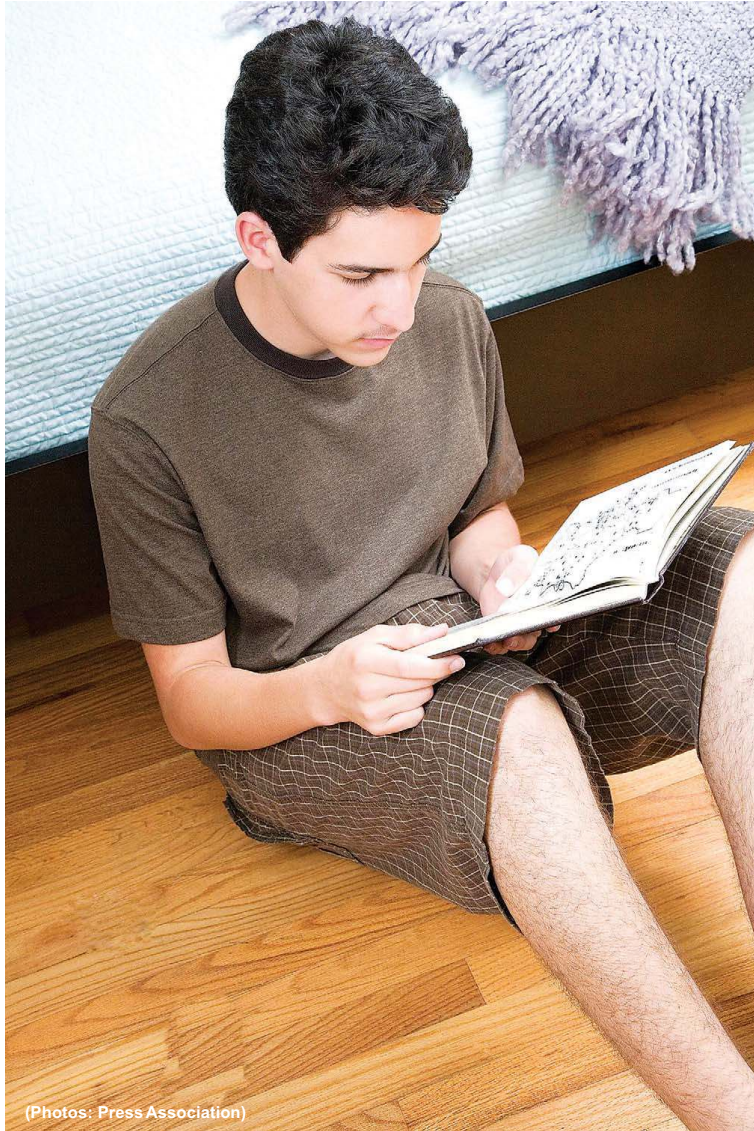
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How to raise little bookworms

2008 is the National Year of Reading, and as part of that new research is looking at what older children actually like to read. We explore how to get your kids interested - if only in the backs of cereal packets.



(Photos: Press Association)

Most adults think of reading as being immersed in a good novel - but for teenagers, enjoyable reading is far more likely to be on-screen or in a magazine.

The fact is that reading covers everything from works of fact and fiction to websites and even the back of cereal packets - and that's what the National Year of Reading 2008 is trying to get across to both parents and children.

New research into the reading habits of 7-14-year-old schoolchildren by the National Literacy Trust has found that magazines, websites and e-mails are read most frequently outside school, while poetry, instructions and factual books are read least.

"The report talks a lot about what we mean by reading, and makes it very clear that there's a significant gap between what teenagers enjoy reading and what they feel is formally endorsed as viable reading," says Honor Wilson-Fletcher, director of the National Year of Reading.

"What we're trying to make clear to them is that reading has never come in as many varieties

as it does now, and that there's validity in reading pretty much everything.

"We're not saying that a woman's celebrity magazine is the equivalent of Shakespeare, but what we are saying is that all reading is valuable."

The National Year of Reading aims to "build a greater national passion for reading", and has sparked a series of local and national events to promote reading. The next national initiative, to be launched at the end of this month, is Rants and Raves, which aims to start a debate among teenagers about what they love and hate to read, in order to help adults better understand "what turns teenagers on about reading, as well as what turns them off."

Lists of teenagers' Top 10 best and worst reads are currently being compiled, and Wilson-Fletcher says many of the suggestions for favourite reads are "well beyond the conventional ideas of fiction and poetry, a substantial chunk of which are digital."

"There are some very familiar names on the list, and there are also some more surprising ones. They reflect the range of interests of teenagers today, it's just that they don't all come between two covers."

To get kids interested in reading in the first place, Wilson-Fletcher says parents simply reading themselves can help, as can visiting libraries.

"Parents shouldn't be

critical of certain forms of reading, and shouldn't demonise screen-based reading," she warns.

"They should be really careful not to be prescriptive, suggesting that some forms of reading are 'better' than others, and embrace the kind of reading that kids really enjoy."

"Get them to start with what they love - whether it's reading the sports pages or checking gaming shortcuts."

She stresses that the aim is to encourage adults and children to read more, and adds: "The whole point of the Year of Reading is that we've got to engage with the audiences who feel potentially most excluded from the perceived wisdom of what they should read."

"Reading, even if it's the back of a cereal packet, seeps into every corner of your life - just don't forget that it is reading."

Lisa Salmon

To find out more about National Year of Reading events in your area, visit www.yearofreading.org.uk

ASK THE EXPERT

Q: "I've read that new research suggests smoking in pregnancy doesn't really harm the baby during the first five months. As I've just found out I'm pregnant, does this mean I don't need to give up smoking?"

A: Belinda Phipps, chief executive of the National Childbirth Trust, says: "The general rule is that smoking in pregnancy does have adverse effects on your health and on your baby's health. The fewer cigarettes you smoke, generally the less effect it will have on your baby."

"The overall balance of research on smoking in pregnancy shows that smoking is likely to have an effect on your baby depending on how much you smoke and when in your pregnancy you smoke."

"Effects include increased risk of miscarriage, lower birth weight and a smaller baby, and increased risk of cot death."

"The latest research which you mention looks at a baby's birth weight - low birth weight can be a sign of poorer health. The study found that smoking in the last four months of pregnancy seems to have more effect on the baby's weight at birth than smoking earlier in pregnancy."

"So if you feel you can stop or reduce smoking, it's worth it in health terms and especially if you can give up before you're five months pregnant."

"Even if you're struggling

to reduce your smoking you can do other things like eat healthily and breastfeed your baby, which will help to protect its health."



THREE WAYS TO... stop a toddler being frightened of injections

1. Talk through what's going to happen with your child, and perhaps read him/her a book which includes children having injections.

2. Get the nurse to give one of the child's favourite toys an 'injection' first.

3. Make it clear (s)he's going to get a reward if (s)he doesn't make a fuss, and if the reward is tangible like a toy or a sweet, let your child see it before the injection to take their mind off it.



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BOX OFFICE

LIVE CONCERTS

MARCH

Tokio Hotel - March 16th at Lisbon Pavilhão Atlântico from 9.30pm. Tickets: €28 - €40.

Alicia Keys + Patrice - March 19th at Pavilhão Atlântico from 8.30pm. Tickets: €28 - €40.

Portishead - March 27th at Lisbon Coliseu from 9pm. Tickets: €32 - €36.

Pedro Abrunhosa & Bandedónio - March 28th at Setúbal Fórum Luisa Todi. Tickets: €15 - €20.

APRIL

Editors - April 2nd at Campo Pequeno in Lisbon. Tickets: €22 - €30. April 3rd at Oporto Coliseu. Tickets: €25 - €28.

Mark Knopfler - April 4th at Lisbon Campo Pequeno. Further info TBA.

The Hives - April 9th at Lisbon Coliseu from 9pm. Tickets: €25 - €28.

James Cotton Blues Band - April 11th at Leiria (a-D-Barbas) Alfa from 11pm. Further info TBA.

Nightwish - April 18th in Oporto Coliseu from 9pm. Tickets: €22 - €25. April 19th at Lisbon Coliseu from 9pm. Tickets: €22.

Ignite; Death Before Dishonor - April 24th at Lisbon Tatuara.

Backstreet Boys - April 25th at Lisbon Pavilhão Atlântico. Further info TBA.

MAY

Pedro Abrunhosa - May 18th from 9pm at Teatro Municipal São Luiz in Lisbon. Tickets: €15 - €25.

Asia - May 21st at Lisbon Coliseu. Further info TBA.

Cat Power - May 26th at Lisbon Coliseu. Further info TBA.

JUNE

Comeback Kid - June 19th in Lisbon. Further info TBA.

Jack Johnson - June 26th at Lisbon Pavilhão do Atlântico from 8pm. Tickets: €28 - €40.

AUGUST

Mariza - August 29th at Loulé, Vale do Lobo.

LIVE SHOWS

MARCH

The Aluminum Show - A combination of movement, dance and theatrical visual affects. A show with lots of special effects and creative dancing and acrobatic movements. Lisbon Casino, Oceanos Auditório from March 18th until March 23rd. Tickets: €30 - €35.

APRIL

Disney on Ice 'Adventures in Disneyland' - Disney on ice is set to return to Portugal this April, with another iceskating show including all your favourite Disney characters. The show will take place at Pavilhão Atlântico on April 2nd - 9th. Tickets: €16 - €36.

RAW WrestlingMania Revenge - It's here! World Wrestling Entertainment® storms back to Portugal with RAW® WrestlingMania® Revenge Tour at Pavilhão Atlântico in Lisbon on April 19th from 8pm. Tickets: €25 to €85.

MUSIC FESTIVALS

APRIL

Festival Gouveia Art Rock - April 5th: Ange; Aranis; Par Lindh; Behuinos a Gasóleo. April 6th: Van der Graaf Generator; Thinking Plague; Les Reines Prochaines. Festival at Gouveia Cine-Theatro. Tickets: €35 for one day, €60 for both days.

MAY

Rock in Rio Lisboa - May 30th - June 8th at Parque da Bela Vista in Lisbon. Tickets: €53 daily tickets. Confirmed acts: May 30: Amy Winehouse; Lenny Kravitz; James Morrison; Ivete Sangalo; Sam the Kid & Cool Hopenoise; Ricardo Azevedo & Lúcio Moniz; Philharmonia Weed & (cont. on page 47)

TICKETS: Most tickets are available at FNAC outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night.

Websites: www.pavilhaoatlantico.pt; www.ticketline.pt | Phone numbers: 21 891 8409 (Pavilhão Atlântico); 707 234 324 (Ticketline)

Events on these pages are published in good faith and in accordance with information given to us.

LIVE CONCERTS

IWD

The Cure

The Cure are an English rock band that formed in Crawley, Sussex in 1976. The band has experienced several lineup changes, with frontman, guitarist and main songwriter Robert

Smith—known for his iconic wild hair, pale complexion, smudged lipstick and frequently gloomy and introspective lyrics—being the only constant member.



March 8th from 8pm at Pavilhão Atlântico. Tickets: €28 - €40.

Goran Bregovi – Oporto

Goran Bregovi is a Bosnian musician and one of the most recognizable modern composers of the Balkans. Composer and guitarist Goran Bregovi has been a household name in the Balkans

internationally for his scores for Emir Kusturica's films (*Time of the Gypsies*, *Arizona Dream*, *Underground*). Bregovi commands an ensemble that matches his larger-than-life persona.



for over three decades. Born in Sarajevo, Bosnia and Herzegovina (then Yugoslavia), Bregovi has composed for such varied artists as Iggy Pop and Cesária Evora. He earned his fame wielding a guitar with his rock band Bijelo

dugme, a group that rose to stardom and set the groundwork for the Yugoslav rock scene. Known

March 1st at Oporto Casa da Música from 10pm. Tickets: €20 - €25.

Gonçalo van Zeller – Lisbon

Galeria Arco da Praça, recently opened in Torres Novas under the direction of

Jonathan Gould who recently announced the forthcoming exhibition of the recent works

March 4th - 12th in Palácio da Independência, Largo de São Domingos (Rossio) Lisbon and then moves to the Galeria Arco da Praça, Praça 5 de Outubro, Torres Novas in April. Contact Jonathan Gould on 968 059 307 or e-mail paperrestorer@hotmail.com or Gonçalo van Zeller at gvanzeller@netcabo.pt for more information.



Paintings, prints, cards and jewellery

Several artists will be exhibiting their variety of art. The exhibitors are Caroline Bell, Susan Rubira, Gaëlle Hamp-Adams and Jill Parkinson, featuring original paintings, prints, cards and hand-made jewellery.

March 2nd - 15th from 10.30am to 6pm at Lagos Slave Market. Join in for a glass of wine at a private viewing on March 3rd from 6pm to 8pm. Call 916 823 448 for more information.

by Gonçalo van Zeller. Landscapes in oil and acrylic, and

equestrian paintings in water-colour.



Art & photography – Lagos

An exhibition of a combination of art and photography by David Haines, Moira Maguire and João Paulo Carrodo, in Amazen Regimento 2, Lagos. Open from March 1st - 15th from 9.30am to late.



International Women's Day

Due to other commitments, **NETWORK** has not arranged its own celebration of International Women's Day this year. This gives us a great opportunity to link in with a very popular Portuguese event, at restaurant Adega da Marina in Lagos

Adega celebrates IWD every year and approximately 300-350 women get together here, from younger women to grandmothers. It might start a bit quietly, but soon everybody lets their hair down and dances and has fun with each other. A way of celebrating that shares the experience of IWD with Portuguese women so come along.

Lone Kallqvist is willing to co-ordinate the bookings for this event. Bookings are binding - as Lone will have to pay cash at the time of booking, and will not be chasing anyone after that date.

Bookings can be made to Lone's email address: lk.bpn@mac.com for West

Bookings can be made to Kathleen Kuys for Central - kathleen.kuys@world.net.pt

she will also arrange a car pool. Participants must be at restaurant at 8pm, as we will have to enter at the same time for the collective booking.

I hope that we feel not only able to support this, but in the mood for a good night out networking in a true and social sense.

March 8th, Lagos.



The Network Short Story Competition is here - it's open to anyone living in Portugal, so please take the opportunity to get the creative juices flowing and support this first time venture.

English language for this first year, and must be received by March 31st.

The winning story will receive 100 euros worth of book vouchers, sponsored by Network, the Magna Carta Bookshop in Alvor and the Griffin Bookshop in

Almancil. The event is also supported by *The Portugal News*, who will publish the winning entry. Winners will be announced on 23rd April 2008, International Book Day.

For more details and application form, please e-

mail netpres@networkalgarve.org, ring Janice Russell on 915584668 ask at the Griffin or Magna Carta bookshop, or download the form from www.networkalgarve.org.

Shiatsu - Loulé

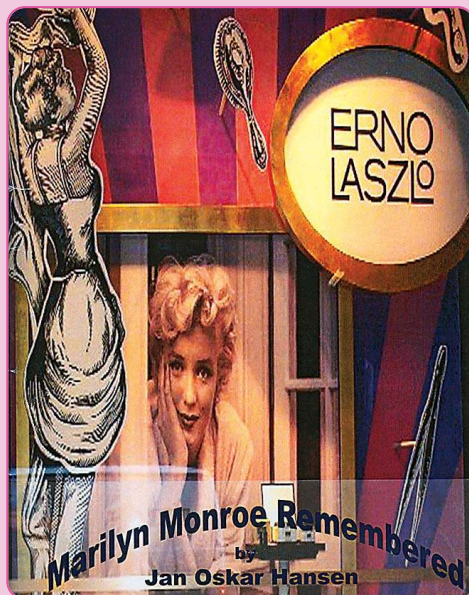
March 3rd, once a week from 9.30am to 5pm, for three months at the Alternative Energy Centre in Loulé. Call 289 412 697, 919 423 998 or 964 932 020 for more information and bookings.

Every Saturday, until May 31st. Call 281 320 500, extension 324 for more information. E-mail edu.museus@cm-tavira.pt.

LIVE MUSIC

March 7th from 8pm at São Brás Museum. Tickets: €14 in advance (Friends of the Museum €10), or €15 at the door (Friends €12). Contact admin@amigos-museu-sbras.org or call 966 329 073/ua azul 289 845 452/museum.289 840 100.

To get a copy of the book,
e-mail jan-hansen@clicx.pt.



If you have a publication you would like to tell us about, send us a short review with a good quality picture. Don't forget to tell us where the book is available from! Send to copy@the-news.net

BOX OFFICE

MUSIC FESTIVALS



Prince Vadada; Paul Van Dyk. **May**
31: Bon Jovi; Alanis Morissette; Skank;
 Alejandro Sanz; Expensive Soul;
 Sara Tavares; João Gil; Tito Paris;
 Marisa Pinto; Nôdo; Verônica Larenne;
 Carl Cox. **June 1:** Rod Stewart; Joss
 Stone; Boss AC; Vitorino; Ala dos
 Namorados; Rão Kyao; Nancy Vieira;
 Jazzinho, Melo D. **June 5:** Metallica;
 Machine Head; Apocalypsa; Tim; Jorge
 Palma; Weaygunn; The Faith Gospel
 Choir; André Indiana; Sp & Wilson.
June 6: Clá; Buraka Son Sistema;
 Deise Tigrana; Bruno M; Caim; Vibe.

Super Bock Super Rock – July 9th
at Parque Tejo in Lisbon from 5pm.
Tickets: €40. Confirmed acts: Iron
Maiden: Avenged Sevenfold.

Madrid, Avenida Cervantes.
Festival Oeiras Alive – July 10th –
 12th at Passeio Marítimo de Alges.
 Tickets: €45 – €80. Confirmed acts:
 July 10: Rage Against The Machine;
 Peaches. July 11: Within Temptation.
July 12: Ben Harper & The Innocent
Criminals; Donavon Frankenreiter.
Paredes de Coura – July 31st –
 August 3rd at Praia Fluvial do Taboão.
 Tickets: €40 – €70. Confirmed acts:
July 31: Sex Pistols. Further info TBA.

AUGUST
Sudoeste – August 7th – 10th at
 Herdade da Casa Branca. Confirmed
 acts: August 7: Bjork; La Fura Dels
 Baus. August 8: The Dynamics; La
 Fura Dels Baus. August 9: La Fura Dels
 Baus. August 10: La Fura Dels Baus.
 Further info and acts TBA.

TICKETS: Most tickets are available at FNAC outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night.

Websites: www.pavilhaoatlantico.pt; www.ticketline.pt | Phone numbers: 21 891 8409 (Pavilhão Atlântico); 707 234 324 (Ticketline)

FESTIVITIES

"You Can Heal Your Life" by Louise L. Hay is the definitive bestselling book on self-healing and it has transformed the lives of

millions of people. First published in 1984, "You Can Heal Your Life" is translated into 26 different languages and is available in 35 countries worldwide having sold over 30 million copies worldwide.

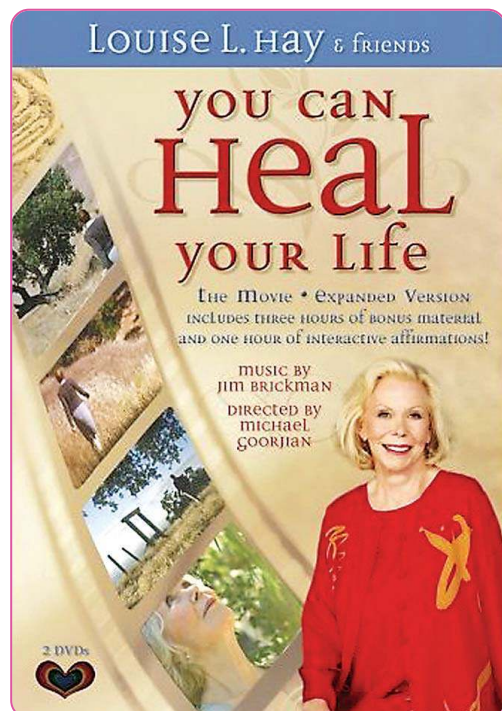
Over two decades later, Louise Hay is re-launching her book in DVD format, which should not only appeal to her faithful followers, but to a new audience as well. This entertaining and inspirational film gives penetrating insights into Louise's fascinating personal story and shows her views on self-esteem, abundance, and the metaphysical causes behind physical ailments. It also reveals how she applies these concepts to her own emotional, spiritual, and professional life.

A number of luminaries in the fields of self-help, philosophy, health, spirituality, and New Thought join Louise, giving their take on success, happiness, and the myriad ways in which people can heal their own lives. And there are also gripping firsthand accounts from others who have been positively affected by Louise's work.

This DVD includes more than 4 hours of bonus material.

Available from Magna
Carta Bookshop €19.50.

You may also buy 'You Can Heal Your Life' book and DVD together and receive 10% discount when you quote *The Portugal News*.



BOOK REVIEW

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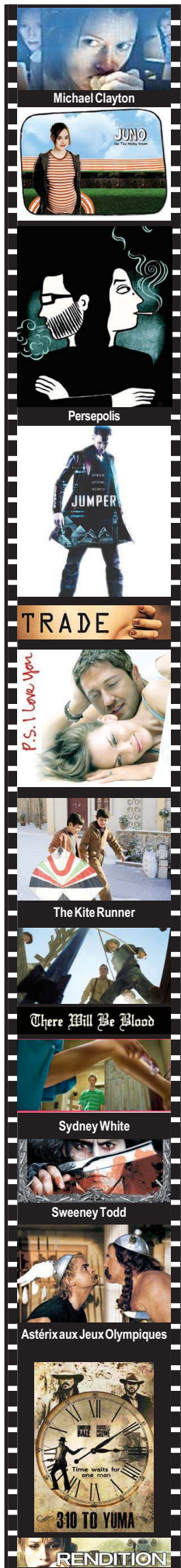
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28 FEB-5 MAR



1 Juno
Ellen Page, Michael Cera
(11.20-12.35 Sat & Sun) 14.20-16.45-19.05-21.20 (23.35 Fri & Sat)

2 Michael Clayton
George Clooney, Tom Wilkinson
13.40-16.20-19.00-21.00 (23.40 Fri & Sat)

Bee Movie
Animation PV
(11.00 Sat & Sun)

3 Awake
Hayden Christensen, Jessica Alba
15.45-17.50-19.55-22.00 (00.30 Fri & Sat)

4 Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon
(10.00 Sat & Sun) 12.45-15.50-18.30-21.10 (00.20 Fri & Sat)

5 No Country for Old Men
Tommy Lee Jones, Javier Bardem
13.30-16.10-18.50-21.30 (00.10 Fri & Sat)

6 Juno
Hayden Christensen, Samuel L. Jackson
(10.30 Sat & Sun) 13.10-15.20-17.30-19.40-21.50 (00.00 Fri & Sat)

7 The Nanny Diaries
Scarlett Johansson, Laura Linney
(12.00 Sat & Sun) 14.25-16.50-19.15-21.40 (00.05 Fri & Sat)

8 Rambo
Sylvester Stallone, Julie Benz
13.20-15.30-17.40-20.00-22.10 (00.25 Fri & Sat)

9 P.S. I Love You
Hilary Swank, Gerard Butler
14.30-16.55-19.20-21.45 (00.35 Fri & Sat)

Alvin and the Chipmunks
Jason Lee, David Cross (PV)
(11.10 Sat & Sun)

**CASTELLO LOPES CINEMAS
PORTIMÃO**
TEL: 707 220 220

28 FEB-5 MAR



1 Michael Clayton
George Clooney, Tom Wilkinson
13.35-16.05-18.35-21.20 (23.50 Fri & Sat)

2 Juno
Hayden Christensen, Samuel L. Jackson
13.40-15.55-17.55-19.55-21.45 (00.00 Fri & Sat)

3 Atonement
Keira Knightley, James McAvoy
13.30-16.00-18.30-21.10 (23.40 Fri & Sat)

4 Rambo
Sylvester Stallone, Julie Benz
13.55-15.50-17.50-19.50-22.00 (00.20 Fri & Sat)

5 Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon
13.50-16.10-18.40-21.50 (0.15 Fri & Sat)

Gone Baby Gone
Casey Affleck, Michelle Monaghan
14.00-16.20-18.45-21.40 (0.05 Fri & Sat)

**CASTELLO LOPES CINEMAS
ALGARVESHOPPING**
TEL: 707 220 220

28 FEB-5 MAR



1 Juno
Hayden Christensen, Samuel L. Jackson
13.20-15.25-17.30-19.35-21.45 (23.55 Fri & Sat)

2 No Country for Old Men
Tommy Lee Jones, Javier Bardem
13.05-15.50-18.30-21.25 (00.05 Fri & Sat)

3

In the Valley of Elah
Tommy Lee Jones, Charlize Theron
13.00-16.10-18.45-21.15 (23.45 Fri & Sat)

4

Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon
13.40-16.20-18.50-21.10
There Will Be Blood
Daniel Day-Lewis, Dillon Freasier
(23.50 Fri & Sat)

5

P.S. I Love You
Hilary Swank, Gerard Butler
13.30-16.15-18.55-21.35 (00.10 Fri & Sat)

6

Michael Clayton
George Clooney, Tom Wilkinson
13.25-16.00-18.35-21.40 (00.15 Fri & Sat)

7

There Will Be Blood
Daniel Day-Lewis, Dillon Freasier
13.50-17.00-21.20

8

Awake
Hayden Christensen, Jessica Alba
13.10-15.15-17.20-19.25-21.30 (23.40 Fri & Sat)

9

Juno
Ellen Page, Michael Cera
13.10-15.15-17.20-19.25-21.30 (23.40 Fri & Sat)

**LUSOMUNDO
VILAMOURA**
TEL: 289 302 277

28 FEB-5 MAR

Rambo
Sylvester Stallone, Julie Benz
15.30-18.30-21.30

CENTRE

**LUSOMUNDO
ALMADA FORUM**
TEL: 707 246362

28 FEB-5 MAR

Jumper
Hayden Christensen, Samuel L. Jackson
Michael Clayton
George Clooney, Tom Wilkinson

Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon
No Country for Old Men
Tommy Lee Jones, Javier Bardem

Awake
Hayden Christensen, Jessica Alba
Sweeney Todd: The Demon Barber of Fleet Street
Johnny Depp, Helena Bonham-Carter

There Will Be Blood
Daniel Day-Lewis, Dillon Freasier
In the Valley of Elah
Tommy Lee Jones, Charlize Theron

Juno
Ellen Page, Michael Cera
P.S. I Love You
Hilary Swank, Gerard Butler

Into the Wild
Emile Hirsch, Jena Malone
Rambo
Sylvester Stallone, Julie Benz

Atonement
Keira Knightley, James McAvoy
Penelope
Christina Ricci, James McAvoy

Ratatouille
Animation PV

**LUSOMUNDO
ALVALÁXIA**
TEL: 21 754 9000

28 FEB-5 MAR

Penelope
Christina Ricci, James McAvoy
Juno
Ellen Page, Michael Cera

Awake
Hayden Christensen, Jessica Alba
Michael Clayton
George Clooney, Tom Wilkinson

Silk
Michael Pitt, Keira Knightley
Jumper
Hayden Christensen, Samuel L. Jackson

There Will Be Blood
Daniel Day-Lewis, Dillon Freasier
Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon

Atonement

Keira Knightley, James McAvoy
Persepolis
Animation

Sweeney Todd: The Demon Barber of Fleet Street
Johnny Depp, Helena Bonham-Carter
Rambo
Sylvester Stallone, Julie Benz

Ratatouille
Animation PV (2 Mar)

**LUSOMUNDO
AMOREIRAS**
TEL: 707 246362

28 FEB-5 MAR

No Country for Old Men
Tommy Lee Jones, Javier Bardem
Michael Clayton
George Clooney, Tom Wilkinson

Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon
Ratatouille
Animation PV

There Will Be Blood
Daniel Day-Lewis, Dillon Freasier
Sweeney Todd: The Demon Barber of Fleet Street
Johnny Depp, Helena Bonham-Carter

Atonement
Keira Knightley, James McAvoy
Juno
Ellen Page, Michael Cera

**LUSOMUNDO
CASCAISHOPPING**
TEL: 707 246362

28 FEB-5 MAR

Penelope
Christina Ricci, James McAvoy
Juno
Ellen Page, Michael Cera

Ratatouille
Animation PV
Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon

Michael Clayton
George Clooney, Tom Wilkinson
No Country for Old Men
Tommy Lee Jones, Javier Bardem

Jumper
Hayden Christensen, Samuel L. Jackson
P.S. I Love You
Hilary Swank, Gerard Butler

**LUSOMUNDO
COLOMBO**
TEL: 707 246362

28 FEB-5 MAR

Penelope
Christina Ricci, James McAvoy
Ratatouille
Animation PV

There Will Be Blood
Daniel Day-Lewis, Dillon Freasier
Jumper
Hayden Christensen, Samuel L. Jackson

Michael Clayton
George Clooney, Tom Wilkinson
Awake
Hayden Christensen, Jessica Alba

P.S. I Love You
Hilary Swank, Gerard Butler
Rambo
Sylvester Stallone, Julie Benz

Cloverfield
Mike Vogel, Jessica Lucas
The Nanny Diaries
Scarlett Johansson, Laura Linney

Juno
Ellen Page, Michael Cera
Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon

Sweeney Todd: The Demon Barber of Fleet Street
Johnny Depp, Helena Bonham-Carter

**LUSOMUNDO
DOLCE VITA MIRAFLORES**
TEL: 707 246362

28 FEB-5 MAR

Atonement
Keira Knightley, James McAvoy
The Kite Runner
Khalid Abdalla, Atossa Leoni

Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon
Jumper
Hayden Christensen, Samuel L. Jackson

Happily N'Ever After
Animation PV

**UCI CINEMAS
EL CORTE INGLÉS**
TEL: 707 23 22 21

28 FEB-5 MAR



Jumper
Hayden Christensen, Samuel L. Jackson
The Darjeeling Limited
Owen Wilson, Adrien Brody

Into the Wild
Emile Hirsch, Jena Malone
Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon

Sweeney Todd: The Demon Barber of Fleet Street
Johnny Depp, Helena Bonham-Carter
In the Valley of Elah
Tommy Lee Jones, Charlize Theron

Gone Baby Gone
Casey Affleck, Michelle Monaghan
Juno
Ellen Page, Michael Cera

There Will Be Blood
Daniel Day-Lewis, Dillon Freasier
P.S. I Love You
Hilary Swank, Gerard Butler

Rambo
Sylvester Stallone, Julie Benz
Atonement
Keira Knightley, James McAvoy

The Kite Runner
Khalid Abdalla, Atossa Leoni
No Country for Old Men
Tommy Lee Jones, Javier Bardem

Persepolis
Animation
Penelope
Christina Ricci, James McAvoy

Michael Clayton
George Clooney, Tom Wilkinson
Awake
Hayden Christensen, Jessica Alba

Silk
Michael Pitt, Keira Knightley

**LUSOMUNDO
FORUM MONTIJO**
TEL: 707 246362

28 FEB-5 MAR

The Nanny Diaries
Scarlett Johansson, Laura Linney
Michael Clayton
George Clooney, Tom Wilkinson

P.S. I Love You
Hilary Swank, Gerard Butler
Jumper
Hayden Christensen, Samuel L. Jackson

Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon
Gone Baby Gone
Casey Affleck, Michelle Monaghan

**UCI CINEMAS
FREEPORT**
TEL: 707 23 22 21

28 FEB-5 MAR



Michael Clayton
George Clooney, Tom Wilkinson
P.S. I Love You
Hilary Swank, Gerard Butler

Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon
Rendition
Reese Witherspoon, Jake Gyllenhaal

Jumper
Hayden Christensen, Samuel L. Jackson
Alvin and the Chipmunks
Jason Lee, David Cross

The Assassination of Jesse James by the Coward Robert Ford
Brad Pitt, Casey Affleck
Atonement
Keira Knightley, James McAvoy

Sweeney Todd: The Demon Barber of Fleet Street
Johnny Depp, Helena Bonham-Carter
Rambo
Sylvester Stallone, Julie Benz

Bee Movie
Animation PV
Call Girl
Soraia Chaves, Joaquim de Almeida

La Vie en Rose
Marion Cotillard, Sylvie Testud

OV = Original Version
PV = Portuguese Version

**LUSOMUNDO
ODIVELAS PARQUE**
TEL: 707 246362

28 FEB-5 MAR

The Nanny Diaries
Scarlett Johansson, Laura Linney
P.S. I Love You
Hilary Swank, Gerard Butler

Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon
Michael Clayton
George Clooney, Tom Wilkinson

Sydney White
Amanda Bynes, Matt Long
Rambo
Sylvester Stallone, Julie Benz

The Kite Runner
Khalid Abdalla, Atossa Leoni
Jumper
Hayden Christensen, Samuel L. Jackson

Enchanted
Amy Adams, Patrick Dempsey (PV)

**LUSOMUNDO
OELRAS PARQUE**
TEL: 707 246362

28 FEB-5 MAR

Persepolis
Animation
Michael Clayton
George Clooney, Tom Wilkinson

Jumper
Hayden Christensen, Samuel L. Jackson
Atonement
Keira Knightley, James McAvoy

No Country for Old Men
Tommy Lee Jones, Javier Bardem
Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon

Into the Wild
Emile Hirsch, Jena Malone
Sweeney Todd: The Demon Barber of Fleet Street
Johnny Depp, Helena Bonham-Carter

Ratatouille
Animation PV

**LUSOMUNDO
TORRES VEDRAS**
TEL: 707 246362

28 FEB-5 MAR

Penelope
Christina Ricci, James McAvoy
Alvin and the Chipmunks
Jason Lee, David Cross PV

Sweeney Todd: The Demon Barber of Fleet Street
Johnny Depp, Helena Bonham-Carter
Atonement
Keira Knightley, James McAvoy

Jumper
Hayden Christensen, Samuel L. Jackson
Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon

Rambo
Sylvester Stallone, Julie Benz

**LUSOMUNDO
VASCODAGAMA**
TEL: 707 246362

28 FEB-5 MAR

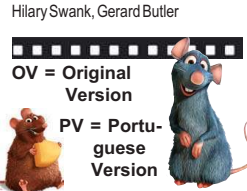
Ratatouille
Animation PV
The Nanny Diaries
Scarlett Johansson, Laura Linney

Jumper
Hayden Christensen, Samuel L. Jackson
Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon

Rambo
Sylvester Stallone, Julie Benz
No Country for Old Men
Tommy Lee Jones, Javier Bardem

Michael Clayton
George Clooney, Tom Wilkinson
P.S. I Love You
Hilary Swank, Gerard Butler

OV = Original Version
PV = Portuguese Version





Academy Award winner
Diablo Cody.

No Country for Old Men was the big winner at the 80th Annual Academy Awards, winning four Oscars including Best Picture. The gritty thriller, a favourite among critics, also won top awards for directors **Joel Coen and Ethan Coen** (the second duo to win the Best Direction award), adapted screenplay (also for the Coens), and Best Supporting Actor for **Javier Bardem**. Surprisingly, the next movie to win the most awards was *The Bourne Ultimatum*, which took home three technical awards, while the two movies

to win top acting honours earned two awards each. *There Will Be Blood* was the recipient of Best Actor for **Daniel Day-Lewis**, while *La Vie en Rose* nabbed Best Make-Up and, in a bit of a surprise, Best Actress for **Marion Cotillard**, who thanked both life and love upon receiving her Oscar (Cotillard is only the second woman in Oscar history to win the best-actress Oscar in a foreign-language film; the other was *Sophia Loren* for 1961's *Two Women*). *Diablo Cody* took



Academy Award winner
Marion Cotillard.

the best original screenplay award for *Juno*. Pixar's **Brad Bird** picked up the animation Oscar for *Ratatouille*. Best Song went to "Falling Slowly" from *Once*.



Academy Award winner
Marion Cotillard with last
year's Academy Award
winner Forest Whitaker.



Academy Award
nominee Johnny Depp
and Vanessa Paradis.

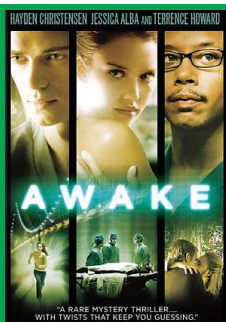
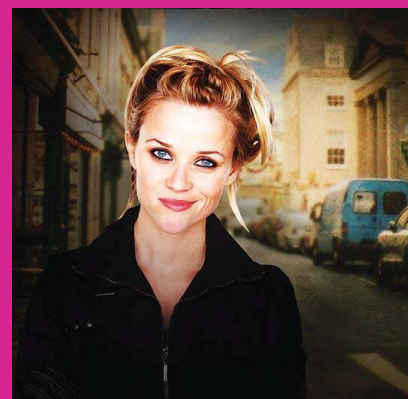
No Country for Old Men is a new thriller from Academy Award winning filmmakers Joel and Ethan Coen, based on the acclaimed novel by Pulitzer Prize winning American master Cormac McCarthy. The time is our own, when rustlers have given way to drug-runners and small towns have become free-fire zones. Featuring a cast that includes Academy Award winner Tommy Lee Jones, Josh Brolin, Academy Award winner Javier Bardem, Academy Award nominee Woody Harrelson and Kelly Macdonald, *No Country for Old Men* is written for the screen and directed by Joel Coen & Ethan Coen. *No Country for Old Men* won this year's Oscar for Best Picture, Best Director, Best Adapted Screenplay and Best Supporting Actor.



In this modern day romantic tale, *Penelope* is about a young girl's inspiring journey, a mysterious family secret and the power of love. With all odds against her, in order for Penelope to break the family curse, she must find true love with "one of her own kind." The warm and funny adventure leads her to realize the most important life lesson, "I like myself the way I am." Penelope Wilhern (Christina Ricci), born to wealthy socialites (Catherine O'Hara and Robert E. Grant), is afflicted by the Wilhern spell that can only be broken when she finds love. Hidden away in her family's estate, the lonely girl meets a string of suitors in her parent's futile attempt to break the curse. Each eligible bachelor is enamoured with Penelope and her sizable dowry ... until her curse is revealed.

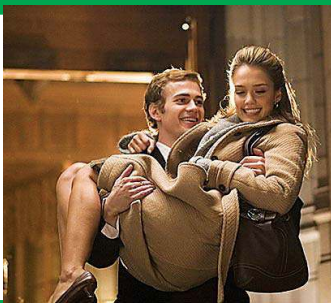
Lemon (Peter Dinklage), a mischievous and eager tabloid reporter wants a photograph of the mysterious Penelope and hires Max (James McAvoy) to pose as a prospective suitor to get the shot. The handsome down-on-his luck gambler finds himself falling for Penelope, but not wanting to disappoint her or to expose his surreptitious ways, he decides to disappear. Fed up by this latest betrayal and determined to live life on her own terms, Penelope breaks free from her family and ventures into the world alone.

She finds adventure and Annie, her first friend (Reese Witherspoon) and becomes the person she was meant to be.



Awake is a psychological thriller about a common occurrence called "anaesthetic awareness", a horrifying phenomenon wherein a patient's (Hayden Christensen) failed anaesthesia leaves fully conscious but physically paralyzed during surgery.

The patient's charming new wife (Jessica Alba) is forced to struggle with her own demons as a terrifying drama unfolds around the couple. Also starring Lena Olin, Terrence Howard, and Sam Robards, the film marks the debut of Joby Harold.



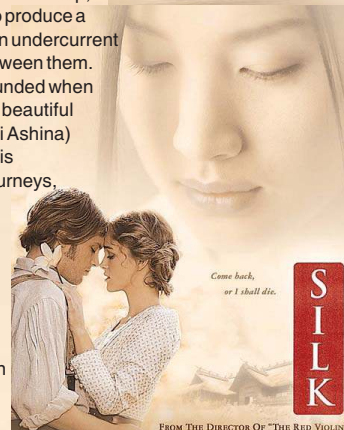
The Nanny Diaries tells the story of the emotional and often humorous journey of Annie Braddock (Scarlett Johansson), a young woman from a working-class neighbourhood in New Jersey, struggling to understand her place in the world. Fresh out of college, she gets tremendous pressure from her mother to find a respectable position in the business world although Annie would prefer to trade in her blackberry for an anthropologist's field diary.

Through a serendipitous meeting, Annie ends up in the elite and ritualistic culture of Manhattan's Upper East Side, as remote from Annie's suburban New Jersey upbringing as life in an Amazon tribal village. Choosing to duck out of real life, Annie accepts the position as a nanny for a wealthy family, referred to as simply "the X's." She quickly learns that life is not very rosy on the other side of the tax bracket, as she must cater to the every whim of Mrs. X (Laura Linney) and her precocious son Grayer, while attempting to avoid the formidable Mr. X (Paul Giamatti). Life becomes even more complicated when Annie falls for a gorgeous Park Avenue hottie (Chris Evans), and she's forced to explore her identity as never before.



With *Silk*, director François Gerard brings Alessandro Baricco's bestselling novel to sumptuous life. Michael Pitt stars as Herve Joncour, a Frenchman who lives in a small town that has hit hard times. A local silkworm magnate (Alfred Molina) stumbles upon a solution for his town's troubles, and enlists Herve to travel to a hidden corner of Japan in order to smuggle back a boundless supply of rare silkworms. Travelling in disguise so that he won't be exposed, Herve succeeds in his mission. Upon returning home, he reunites with his beautiful, supportive wife, Helene (Keira Knightley). While Herve and Helene have a loving relationship, their inability to produce a child creates an undercurrent of distance between them.

This is compounded when Herve meets a beautiful concubine (Sei Ashina) during one of his subsequent journeys, sparking a passionate encounter that will haunt him for the rest of his life. *Silk* is an epic tale of love and loss in the 19th century.



CELEB NEWS

French actress **Marion Cotillard** will be relieved when the awards season is over, because she is sick of answering questions about herself. The 32-year-old, who took home the Best Actress Oscar for her role in *La Vie En Rose*, was alarmed by the countless interviews she was required to sit for while promoting the **Edith Piaf** biopic, having done minimal promotion for the film in her native France. She says, "I spent all that (time) talking about myself which is not what I prefer to do in life, so it's very long and it's much longer than in France. You don't do this, you don't campaign, and so that was kind of weird, to sort of answer the same question about myself. I mean, the life is of the movie going on but the movie doesn't need us anymore". «»»» Tragic actor **Brad Renfro** was snubbed at the Academy Awards when organizers left him out of a montage of stars who died in the past year. Renfro was found dead from a drug overdose in Los Angeles in January, aged just 25. But he was overlooked on a list of 98 movie industry people, that included everyone from actors and directors to public relations people. A statement from the Motion Picture Academy of America claims, "It is simply not possible to include everyone in that segment." But a friend of the late star of *The Client*, *Apt Pupil* and *Ghost World* tells Tmz.com, "It's unbelievable and disgusting". «»»» Actress **Marion Cotillard** kickstarted her Oscar weekend in style, by claiming France's top acting prize. The Oscar winner claimed a Best Actress Cesar for her acclaimed portrayal of tragic singer **Edith Piaf** in *La Vie En Rose*. Cotillard had already won a British Bafta and a Golden Globe among her string of acting accolades. And with her Oscar win, Cotillard was the first French Best Actress winner since **Simone Signoret** won gold in 1960. Meanwhile, also honoured at the Cesars was **Mathieu Amalric**, who was named Best Actor for his performance as a stroke victim in *The Diving Bell And The Butterfly*. Amalric was absent from the prizegiving because he is currently playing the latest James Bond villain on location in Panama. *La Graine Et Le Mulet* claimed the night's Best Film honour and **Abdellatif Kechiche** was named Best Director for the movie. **Hafsia Herzi** claimed the Best Young Actress prize for the film. «»»» **Lindsay Lohan** and **Eddie Murphy** have been named and shamed as the worst actors of 2007, after landing a spray-painted trophy piece at the Golden Raspberry Awards. Lohan's movie *I Know Who Killed Me* broke records by scooping eight of the nine prizes it was nominated for at the spoof Oscars ceremony, nicknamed the Razzies, in Los Angeles. Lohan alone managed to win two, for Worst Actress and Worst Screen Couple, for a scene in the movie in which she appears alongside herself. Worst Film winner *I Know Who Killed Me* has smashed the unenviable record set by **John Travolta** starring sci-fi epic *Battlefield Earth* and stripper drama *Showgirls*, which each scored seven wins at previous ceremonies. Murphy was awarded three of the four prizes in the worst acting categories for the trio of characters, male and female, he played in the critically mauled but commercially successful *Norbit*. Due to the prize-winning dominance of *I Know Who Killed Me* and *Norbit*, *Daddy Day Camp* was the only other movie to be humiliated with a Razzie award, for Worst Prequel or Sequel. «»»» **Juno** was the big winner at the 2008 Film Independent Spirit Awards in Santa Monica, California, claiming three of the five awards the sleeper hit was nominated for. As well as the event's big Best Feature prize, Oscar nominee **Ellen Page** was named the Best Female Lead and **Diablo Cody** claimed the Best First Screenplay honour. Double winners at the Spirits were *The Diving Bell And The Butterfly*, *I'm Not There* and *The Savages*. But the event belonged to the memory of late actor **Heath Ledger**, who was honoured with tributes from his *I'm Not There* director **Todd Haynes** and co-star **Cate Blanchett**, who dedicated her Best Supporting Actress prize to her fellow Aussie, who died in January. The independent film gala was hosted by actor **Rainn Wilson**, who closed the ceremony by staging a pretend fight in the audience with Best Male Lead winner **Philip Seymour Hoffman**, after poking fun at *The Savages* star throughout the prizegiving.

NORTH

UCI CINEMAS
ARRÁBIDA SHOPPING
TEL: 707 23 22 21
28 FEB-5 MAR



Awake
Hayden Christensen, Jessica Alba
Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon
The Nanny Diaries
Scarlett Johansson, Laura Linney
Silk
Michael Pitt, Keira Knightley
Alvin and the Chipmunks
Jason Lee, David Cross (PV)
The Darjeeling Limited
Owen Wilson, Adrien Brody
In the Valley of Elah
Tommy Lee Jones, Charlize Theron
Persepolis
Animation
Sweeney Todd: The Demon Barber of Fleet Street
Johnny Depp, Helena Bonham-Carter
Rambo
Sylvester Stallone, Julie Benz
Atonement
Keira Knightley, James McAvoy
Juno
Ellen Page, Michael Cera
P.S. I Love You
Hilary Swank, Gerard Butler
There Will be Blood
Daniel Day-Lewis, Dillon Freasier
Penelope
Christina Ricci, James McAvoy
No Country for Old Men
Tommy Lee Jones, Javier Bardem
Michael Clayton
George Clooney, Tom Wilkinson
Gone Baby Gone
Casey Affleck, Michelle Monaghan
Feast of Love
Morgan Freeman, Greg Kinnear
Bee Movie - Animation PV
The Kite Runner
Khalid Abdalla, Atossa Leoni
Jumper
Hayden Christensen, Samuel L. Jackson

LUSOMUNDO
FORUM AVEIRO
TEL: 707 246362
28 FEB-5 MAR

Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon
Lust, Caution
Tony Leung Chiu Wai, Wei Tang
Atonement
Keira Knightley, James McAvoy
Bee Movie - Animation PV
Sweeney Todd: The Demon Barber of Fleet Street
Johnny Depp, Helena Bonham-Carter
Gone Baby Gone
Casey Affleck, Michelle Monaghan
The Kite Runner
Khalid Abdalla, Atossa Leoni
P.S. I Love You
Hilary Swank, Gerard Butler
Michael Clayton
George Clooney, Tom Wilkinson

LUSOMUNDO
GLICINIAS
TEL: 707 246362
28 FEB-5 MAR

In the Valley of Elah
Tommy Lee Jones, Charlize Theron
Jumper
Hayden Christensen, Samuel L. Jackson
Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon
Good Luck Chuck
Dane Cook, Jessica Alba
National Treasure: Book of Secrets
Nicolas Cage, Justin Bartha
Rambo
Sylvester Stallone, Julie Benz
The Nanny Diaries
Scarlett Johansson, Laura Linney
Ratatouille - Animation PV

LUSOMUNDO
DOLCE VITA COIMBRA
TEL: 707 246362
28 FEB-5 MAR

No Country for Old Men
Tommy Lee Jones, Javier Bardem
Juno
Ellen Page, Michael Cera
There Will be Blood
Daniel Day-Lewis, Dillon Freasier
Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon
Awake
Hayden Christensen, Jessica Alba
Feast of Love
Morgan Freeman, Greg Kinnear
In the Valley of Elah
Tommy Lee Jones, Charlize Theron
Sweeney Todd: The Demon Barber of Fleet Street
Johnny Depp, Helena Bonham-Carter
Atonement
Keira Knightley, James McAvoy
Ratatouille - Animation PV

LUSOMUNDO
FORUM COIMBRA
TEL: 707 246362
28 FEB-5 MAR

Cloverfield
Mike Vogel, Jessica Lucas
Trade
Kevin Kline, Paulina Gaitan
Rambo
Sylvester Stallone, Julie Benz
The Nanny Diaries
Scarlett Johansson, Laura Linney
Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon
Jumper
Hayden Christensen, Samuel L. Jackson

LUSOMUNDO
FOZPLAZA
TEL: 707 246362
28 FEB-5 MAR

Feast of Love
Morgan Freeman, Greg Kinnear
Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon
Sweeney Todd: The Demon Barber of Fleet Street
Johnny Depp, Helena Bonham-Carter
Atonement
Keira Knightley, James McAvoy
Jumper
Hayden Christensen, Samuel L. Jackson
Ratatouille - Animation PV

LUSOMUNDO
FERRARAPLAZA
TEL: 707 246362
28 FEB-5 MAR

Cloverfield
Mike Vogel, Jessica Lucas
Atonement
Keira Knightley, James McAvoy
Sydney White
Amanda Bynes, Matt Long
Jumper
Hayden Christensen, Samuel L. Jackson
Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon
Enchanted
Amy Adams, Patrick Dempsey (PV)

LUSOMUNDO
DOLCE VITA DOURO
TEL: 707 246362
28 FEB-5 MAR

Penelope
Christina Ricci, James McAvoy
Cloverfield
Mike Vogel, Jessica Lucas
Feast of Love
Morgan Freeman, Greg Kinnear
Jumper
Hayden Christensen, Samuel L. Jackson
Rambo
Sylvester Stallone, Julie Benz
Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon
Shark Bait - Animation PV

LUSOMUNDO
FORUM VISEU
TEL: 707 246362
28 FEB-5 MAR

Sydney White
Amanda Bynes, Matt Long
Ratatouille
Animation PV
Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon
Feast of Love
Morgan Freeman, Greg Kinnear
Sweeney Todd: The Demon Barber of Fleet Street
Johnny Depp, Helena Bonham-Carter
Jumper
Hayden Christensen, Samuel L. Jackson

LUSOMUNDO
FORUM VIZELA
TEL: 707 246362
28 FEB-5 MAR

Gone Baby Gone
Casey Affleck, Michelle Monaghan
Trade
Kevin Kline, Paulina Gaitan
Enchanted
Amy Adams, Patrick Dempsey (PV)
Contre-Enquête
Jean Dujardin, Laurent Lucas

LUSOMUNDO
BRAGA PARQUE
TEL: 707 246362
28 FEB-5 MAR

Bee Movie
Animation OV & PV
Rambo
Sylvester Stallone, Julie Benz
P.S. I Love You
Hilary Swank, Gerard Butler
Michael Clayton
George Clooney, Tom Wilkinson
Feast of Love
Morgan Freeman, Greg Kinnear
Sweeney Todd: The Demon Barber of Fleet Street
Johnny Depp, Helena Bonham-Carter
Jumper
Hayden Christensen, Samuel L. Jackson
Juno
Ellen Page, Michael Cera
Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon
The Kite Runner
Khalid Abdalla, Atossa Leoni
Gone Baby Gone
Casey Affleck, Michelle Monaghan

LUSOMUNDO
DOLCE VITA PORTO
TEL: 707 246362
28 FEB-5 MAR

Michael Clayton
George Clooney, Tom Wilkinson
The Nanny Diaries
Scarlett Johansson, Laura Linney
Ratatouille
Animation PV
Awake
Hayden Christensen, Jessica Alba
Juno
Ellen Page, Michael Cera
Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon
Jumper
Hayden Christensen, Samuel L. Jackson
P.S. I Love You
Hilary Swank, Gerard Butler
* FANTASPORTO FILM FESTIVAL

LUSOMUNDO
MAIA SHOPPING
TEL: 707 246362
28 FEB-5 MAR

Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon
Sydney White
Amanda Bynes, Matt Long
Shark Bait
Animation PV
Jumper
Hayden Christensen, Samuel L. Jackson

Atonement
Keira Knightley, James McAvoy
Gone Baby Gone
Casey Affleck, Michelle Monaghan

LUSOMUNDO
NORTE SHOPPING
TEL: 707 246362
28 FEB-5 MAR

P.S. I Love You
Hilary Swank, Gerard Butler
Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon
No Country for Old Men
Tommy Lee Jones, Javier Bardem
The Nanny Diaries
Scarlett Johansson, Laura Linney
Juno
Ellen Page, Michael Cera
Alvin and the Chipmunks
Jason Lee, David Cross PV
Jumper
Hayden Christensen, Samuel L. Jackson
Michael Clayton
George Clooney, Tom Wilkinson

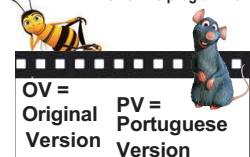
LUSOMUNDO
GAIA SHOPPING
TEL: 707 246362
28 FEB-5 MAR

Sydney White
Amanda Bynes, Matt Long
Gone Baby Gone
Casey Affleck, Michelle Monaghan
Alvin and the Chipmunks
Jason Lee, David Cross PV
Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon
Penelope
Christina Ricci, James McAvoy
Michael Clayton
George Clooney, Tom Wilkinson
Atonement
Keira Knightley, James McAvoy
Silk
Michael Pitt, Keira Knightley
Jumper
Hayden Christensen, Samuel L. Jackson
Rambo
Sylvester Stallone, Julie Benz

LUSOMUNDO
PARQUE NASCENTE
TEL: 707 246362
28 FEB-5 MAR

Awake
Hayden Christensen, Jessica Alba
No Country for Old Men
Tommy Lee Jones, Javier Bardem
Jumper
Hayden Christensen, Samuel L. Jackson
Beowulf
Animation 3D Digital
Sweeney Todd: The Demon Barber of Fleet Street
Johnny Depp, Helena Bonham-Carter
P.S. I Love You
Hilary Swank, Gerard Butler
Michael Clayton
George Clooney, Tom Wilkinson
Enchanted
Amy Adams, Patrick Dempsey (PV)
Rambo
Sylvester Stallone, Julie Benz
Astérix aux Jeux Olympiques
Gérard Depardieu, Alain Delon
Atonement
Keira Knightley, James McAvoy
Into the Wild
Emile Hirsch, Jena Malone
There Will be Blood
Daniel Day-Lewis, Dillon Freasier
Gone Baby Gone
Casey Affleck, Michelle Monaghan
* FANTASPORTO FILM FESTIVAL

* Please call the theatre for FANTASPORTO programme



OV =
Original
Version
PV =
Portuguese
Version

North



PORTO

DAILY

Casa da Música: guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 • Tickets can be bought until 10 minutes before the visit • Price: €2; Free for children under 12 • 220120214 • Av. da Boavista, 604-610 • www.casadamusica.com



DAILY

Serralves Foundation: Visits to the exhibitions • Sat: 17h-20h; Sun: 12h-13h • to the architectonic spaces (Museum & Casa de Serralves) Sun: 15h-16h • to the park Sun: 11h-12h • Visits are free on the purchase of an entrance ticket to the museum • Rua D. João de Castro, 210 • Tel: 226 156 584 • serralves@serralves.pt • www.serralves.pt

UNTIL 30 MARCH



Exhibition 'Robert Rauschenberg: Em viagem 70-76' at Museu de Serralves • 1st presentation in Portugal of the internationally acclaimed North-American artist Robert Rauschenberg • Includes 65 works using simple materials like metal, cardboard and cloth • Serralves Museum • Tel: 226156500 / 543 / 584

GUIMARÃES

1 MARCH



Goran Bregovic in concert with the Wedding and Funeral Band • Grand Auditorium of Centro Cultural Vila Flor • Av. D. Afonso Henriques, 701 • Tel: 253424700 • Fax: 253424710 • www.aoficina.pt

DAILY

Café-Concerto (Coffee-Concert) with Jazz and other music genres • Centro Cultural Vila Flor in Guimarães • Please see the website or telephone to find out what's on • Av. D. Afonso Henriques, 701 • Tel: 253424700 • Fax: 253424710 • www.aoficina.pt



Centre



CASCAIS

DAILY

Cascais Cultural Centre • 10h00 to 18h00 (Closed Mon) • Av. Rei Humberto II de Itália • 214848900

DAILY

Sea Museum – Rei D. Carlos • Guided tours: 214825081 • Rua Júlio Pereira de Mello • 10h00-19h00; closed Mondays & Public Holidays • 214825400

ESTORIL

1 MARCH

Included in the 'Classics Series', the Metropolitan Orchestra in concert at **Casino Estoril** • Praça José Teodoro dos Santos • 214 667700 • info.casestoril@casinoril.com • www.casino-estoril.pt

UNTIL 16 MAR



Exhibition '1807: O Embarque da Família Real para o Brasil' in commemoration of the 200 years anniversary of the boarding of the Portuguese Court to Bahia, Brazil • Museu de Marinha (Navy Museum) • Contacts: Museu de Marinha, Praça do Império, 201-206 Lisboa • Tel: 213620019 • Fax: 213631987 • geral.museu@marinha.pt

28,29 MARCH



APASSIONATA - the leading European Equestrian Show - this year entitled 'Four Seasons' • Campo Pequeno • 21h30 (on 29th also at 15h30) • Ticket prices from €20 to €55 • Tel: 707234234 • www.ticketline.pt

SINTRA

DAILY



Pena Palace • The Palace dates back to 1839 • Visits info: Sintra City Hall on Largo Dr. Vergílio Horta • 219238500 • geral@cm-sintra.pt

DAILY

Leal da Câmara Museum • Calçada da Rinchoa, 67, Rinchoa • Also has access through Algueirão Velho, Fitares and Meleças • Tel: 219164303 • Fax: 219236150



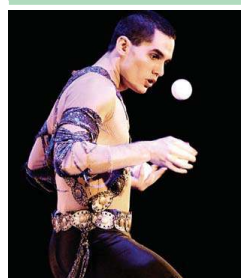
DAILY



Tapestries Exhibitions • Galeria Tapeçarias de Portalegre (Portalegre Tapestry Gallery) • Exhibition (changes every 2 months) of tapestries by various artists (Most works are ready for delivery) • Rua da Academia das Ciências, 2J • 213421481 • galeria@mtportalegre.pt • www.mtportalegre.pt

LISBOA

UNTIL 31 MARCH



The Art of the New Circus • Arena Lounge of Casino Lisboa • Alameda dos Oceanos at Parque das Nações • Metro: Orient Station • www.casino-lisboa.pt • www.ticketline.pt

www.the-news.net

South



ALMANCIL

DAILY



Art Exhibition by David Haines • New works for 2008, now showing at George Furniture • EN 125 Torre • tel 966 186 357 • www.wdjhainesartist@fip3.com

LAGOA

UNTIL 30 MARCH

Playing 'As Obras completas de William Shakespeare em 97 minutos' (The complete Works of William Shakespeare in 97 minutes) (7 March) • 'A Bíblia: Toda a Palavra de Deus' (The Bible: All the Word of God) (8 March) • both plays by Companhia de Teatro do Chiado • The comedy 'O Meu Menino' (My Boy) (15 March) with Tozé Martinho, Luís Zagalo, Rita Simões and Florbela Menezes - a new version of the famous play performed 30 years ago by Vasco Santana, Ribeirinho and Irene Isidro • 'Commedia a la Carte' (Comedy a la carte) (20 & 21 March) and 'Viva a Revista' (28, 29 & 30 March) by Octávio Matos and Natalina José • Municipal Auditorium • 282380434 • www.cm-lagoa.pt

LAGOS

1-15 MARCH



Exhibition of art and photography by David Haines, Moira Maguire and Joao Paulo Carrodo • Amazen Regimental 2 • 9h30 to late • 282380434

QUARTEIRA

UNTIL 9 MARCH

Photographic Exhibition 'A Vida Equestre - Tradição e Arte' (Equestrian Life - Tradition and Art) by Helga Seródio • Praça do Mar Art Gallery • For more information: Loulé Municipal Council • 289400600 • www.cm-loule.pt



SANTANA DA SERRA

DAILY

Horse Riding and Walking at Equi-Serra • For more details or to book: 1 hour, 1, 2, 3 days, or 1 week rides, 938147718 • www.equiserra.com

SÃO B. MESSINES

TUE, WED, SAT

'Desperate Horsewives!' social horseriding & lunch for mums and golf widows Tuesday am. • Pony Club Sat am & Weds pm • Quinta da Bica, Messines • Livery, hacks, lessons, horse-share and children's pony parties • Call 282332746 or 914795301 • quintadabica@hotmail.com

SERPA

DAILY



Museu Arqueológico (Archaeological Museum) • Alcáçova do Castelo • 9h30-13h00 / 15h30-19h00 • 284540100 • www.cm-serpa.pt

TAVIRA

DAILY



Cachopo Museum • Centro Paroquial de Cachopo • Tel: 289844191 • www.cm-tavira.pt

St. Patrick's Party

SATURDAY, 15th March
19h00 to 02h00

Klonalkilty & Kiss F.M. Disco

5 Star Buffet & Free Bar
Tickets: €47.50

Tel: Marie 282 352 530



ANIMAL CHARITY EVENING

Hotel Paraíso in Albufeira

14th March
19h30

Buffet Dinner, Wine & Coffee Live Music & Dancing
€27.50

All profits go to local charities 'Quintinha dos Animais (Goldra) & Amigos dos Gatos do Algarve'

Tickets - Info:
289 514 218
or
962 414 584



'EAST ALGARVE WALKS'
- Every Friday Morning -
For more information, call
Brian on: 913 595 868
moonlightservices@yahoo.co.uk

BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 Take on the Takeaway. (R) (T) 12.00 BBC News; Weather. (T) 12.10 Football Focus. (T) 1.00 Rugby League. (T) 2.00 Keeping Up Appearances. (R) (T) 2.30 FILM: Bicentennial Man (1999). Fantasy drama, starring Robin Williams. (T) 4.35 Final Score.

5.20 BBC News; Regional News; Weather. (T) 5.40 Weakest Link. Celebrity edition of the general knowledge quiz hosted by Anne Robinson, featuring Gok Wan, Tamara Beckwith, Scott Henshall, Ruby Hammer and Jean Broke-Smith. (T)

6.30 Out-Take TV. Anne Robinson presents a selection of the most memorable mistakes celebrities have made throughout the Weakest Link specials. (R) (T)

7.00 Eurovision - Your Decision. Terry Wogan and Claudia Winkleman present as six artists compete to represent the UK at the Eurovision Song Contest in May. Viewers will be familiar with five of the six from their stints on other talent shows - X Factor runner-up Andy Abraham, Joseph and Simona armstrong, Reborn in the USA's Michelle Gayle and Popstars: The Rivals duo LoveShy. Results at 9.30pm. (T)

8.00 The National Lottery Draws. Duncan James announces the all-important numbers. (T) 8.10 Casualty. Harry worries Toby may suffer the same fate as Ruth and decides to release her diary. A pregnant woman is involved in a car crash and Jeff is accused of being racist. (T)

9.00 Love Soup. New series of the romantic comedy, starring Tamsin Greig. Alice doesn't seem short of admirers as her driving instructor and manager both appear to take an interest in her. (T)

9.30 Eurovision - Your Decision. Claudia Winkleman and Terry Wogan reveal which artist will represent the UK at the 53rd annual Eurovision Song Contest, while 1997 winners Katrina and the Waves perform. (T) 10.00 BBC News; Weather; (T) National Lottery Update. (T)

10.20 Match of the Day. Gary Lineker introduces highlights of this afternoon's Premier League matches, including Arsenal's clash with Aston Villa, as the Gunners look to achieve the double over Martin O'Neill's men and maintain their title surge. Plus, action from Manchester City against Wigan Athletic at the City of Manchester Stadium and the London derby between West Ham United and Chelsea. (T)

11.45 FILM: Black Knight (2001). Comedy, starring Martin Lawrence. (T)

1.15 Friday Night with Jonathan Ross; (R) (T) Weatherview. 2.20 BBC News 24. (T)



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 Tikkabilla. (R) (T) 6.50 Step Inside. (R) (T) 7.00 CBBC: Watch My Chops. (R) (T) 7.15 Watch My Chops. (R) (T) 7.25 Arthur. (R) (T) 7.40 Mortified. (R) (T) 8.00 Krypto the Superdog. (R) (T) 8.15 Zombie Hotel. (R) (T) 8.40 Dinopang. (R) (T) 9.00 Basil's Swap Shop. (T) 10.00 Prank Patrol. (R) (T) 10.30 What's New Scooby-Doo? (R) (T) 10.50 Best of Friends; (R) (T) Diddy Dick & Dom. (R) (T) 11.20 Animalia. (R) (T) 11.45 Sportsround. (T) 12.00 BBC Switch: Sound. (T) 12.35 BBC Switch: Them. (T) 12.50 BBC Switch: Falcon Beach. (R) (T) 1.35 FILM: Hell Below Zero (1954). Adventure, starring Alan Ladd. (T) 3.35 FILM: Cat Ballou (1965). Western comedy, starring Lee Marvin. (T) 5.10 What the Papers Say. (T) 5.25 FILM: Big Jake (1971). Western, starring John Wayne. (T) 7.10 The Culture Show. Mark Kermode organises a red-carpet premiere. (T) 8.00 Coast. Geographer Nicholas Crane finds out about tidal patterns along the south coast of Wales, and Neil Oliver explores the history of Cardiff coal. (R) (T) 9.00 Have I Got Old News for You. With host Alexander Armstrong. (R) (T) 9.30 Gavin & Stacey. Comedy, starring Mathew Horne and Joanna Page. (R) (T) 10.00 Gavin & Stacey. The couple have their first lovers' trip. (R) (T) 10.30 Gavin & Stacey. (R) (T) 11.00 Gavin & Stacey. (R) (T) 11.30 Gavin & Stacey. (R) (T) 12.00 Gavin & Stacey. (R) (T) 12.30 FILM: Roger Dodger (2002). Black comedy drama, starring Campbell Scott. (T) 2.10 The Culture Show. (R) 3.00 FILM: The Million Dollar Hotel (2000). Murder mystery, starring Jeremy Davies. (T) 4.55 Close.

Pick of the Day

Love Soup (BBC1, 9pm)

Remember Alice Chenery, the kooky singleton who believed Mr Right was out there somewhere? Okay, Love Soup was three years ago, but writer David Renwick's series was left open ended so there were plenty of things to tie up. The biggest question was: would Alice eventually hook up with American Gil Raymond, a man she never even met, despite the two sharing equal amounts of screen time? Alas, that moment seems to have gone by the wayside. In 2008, Alice is still an account manager for a major French perfume company in a London department store, and she's still fascinated by the bizarre erotic exploits of her colleagues Cleo and Milly. In the first episode of series two, Cleo has a tough time coping with a scathing review of her performance in bed; Milly finds herself aroused by a man's shadow, and Alice has to cope with her amorous driving instructor and predatory regional manager, Catherine Sumpter. Ms Chenery is summoned to a mysterious meeting in her hotel room, and it seems there's more than paperwork on the agenda. Tamsin Greig heads the cast, while good support comes from Sheridan Smith and Ashes! Montserrat Lombard.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Goallissimo. (R) (T) 8.00 The Morning Line. (T) 8.55 T4: MobileAct - The Winners' Story. (T) 9.25 T4: The Hills. (R) (T) 9.50 T4: NME Awards 2008. (R) (T) 10.55 T4: Friends. (R) (T) 11.25 T4: Friends. Part two of two. Rachel gives birth to a baby girl. (R) (T) 11.55 T4: Vanity Lair. (R) (T) 1.00 T4: Age of Love. (T) 2.00 Channel 4 Racing from Newbury, Kempton Park and Doncaster. Including the 3.10 Connaught Gold Cup H'cap Chase (2m 4f) from Newbury. (T) 4.10 The TV Show. (T) 4.40 Deal or No Deal. (T) 5.25 Jamie at Home. (R) (T) 6.00 Jamie at Home. (R) (T) 6.30 Channel 4 News. (T) 7.00 ER. Neela's intern impresses the staff while handling a potentially critical situation, and Moretti receives an upsetting phone call about his son Daniel. Luka returns from Croatia. (T) 8.00 Grand Designs Revisited. Kevin McClood revisits artists David Westby and Leonie Whitton who bought an olive farm in the Puglia region of Italy and planned to convert it into a home on a budget of £25,000. (R) (T) 9.00 FILM: Sense and Sensibility (1995). Adaptation of Jane Austen's classic tale about impoverished sisters who set their sights on two very different men. Fabulous romantic drama, starring Emma Thompson and Kate Winslet. (T) 11.35 Wife Swap. (R) (T) 12.00 NME Awards 2008 Big Gig. (T) 1.40 FILM: The Sound of Fury (1950). Crime drama, starring Frank Lovejoy. (T) (bw) 3.15 FILM: Moonrise (1948). Drama, starring Dane Clark. (T) (bw) 4.50 Great Civilisations. (R) (T) 5.15 Countdown. (R) (T)

FIVE

6.00 Sunrise. 7.00 Milkshake!: The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.15 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.35 The Beeps. (R) (T) 7.55 Fireman Sam. (R) (T) 8.10 Rupert Bear. (R) (T) 8.25 Little Princess. (R) (T) 8.40 Hana's Helpline. (R) (T) 8.55 Roary the Racing Car. (R) (T) 9.10 Gerald McBoing Boing. (R) (T) 9.30 Jane and the Dragon. (R) (T) 10.00 Football Italiano Highlights. (T) 10.45 Fifth Gear. (R) (T) 11.45 Built for the Kill. (R) (T) 12.15 Neighbours. (T) 2.25 FILM: Funny Girl (1968). Musical, starring Barbra Streisand. (T) 5.05 FILM: Only the Lonely (1991). Romantic comedy, starring John Candy. (T) 6.55 five news and sport. (T) 7.05 Ice Road Truckers. Draw becomes stranded when he runs out of fuel. (R) (T) 8.05 NCIS. The case of a female petty officer found dead backstage at a bikini contest leads the team to discover she may have had a stalker. (R) (T) 9.00 CSI: NY. A model is found apparently electrocuted in a giant martini glass high above Times Square, and a robbery-homicide at a restaurant turns into a full-blown hostage crisis. (T) 10.00 Law & Order. A woman's body is found in the Hudson River, which leads Briscoe and Green to uncover a corruption scandal involving several lawyers and a judge. Police drama, starring Jerry Orbach. (T) 11.00 True CSI. (R) (T) 12.00 Quiz Call. 5.10 Wildlife SOS. (R) (T) 5.35 Wildlife SOS. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.40 Dancing on Ice. (R) (T) 10.50 Dancing on Ice: The Skate Off. (R) (T) 11.20 Coronation Street. (T) 1.35 ITV News and Weather. (T) 1.45 London Today; Weather. (T) 1.50 Primeval. (R) (T) 2.55 FILM: You Only Live Twice (1967). James Bond thriller, starring Sean Connery. Continues after the news. (T) 4.15 London Tonight; Weather. (T) 4.30 ITV News and Weather. (T) 4.45 FILM: You Only Live Twice (1967). Concluded. (T)

5.45 All New You've Been Framed! A wedding ruined by a quad bike, an agoraphobic dog and a cat that hates being called fat, plus motoring mayhem, daft teens and parties that go with a bang. Narrated by Harry Hill. (T)

6.15 Harry Hill's TV Burp. The quirky comic takes a surreal look at the week's small-screen highlights, subjecting the latest soap sagas, reality shows and documentaries to his unique brand of scrutiny. (T)

6.45 Ant & Dec's Saturday Night Takeaway. With Girls Aloud, Christopher Biggins and Jayne Middlemiss. (T)

8.00 Duel. Nick Hancock hosts another round of the high-tension quiz show in which one wrong answer means instant elimination. Two contestants go head to head, armed with 10 chips with which they can cover as many of the multiple-choice answers as they choose. But as their chips disappear, so do their chances to cover all the bases - so the contest ends up being a battle of both knowledge and nerve. (T)

9.00 FILM: The Bourne Supremacy (2004). Fast-paced sequel to The Bourne Identity, starring Matt Damon as the amnesiac assassin, who is forced to fight for survival when he is put in the frame for a botched CIA operation. (T)

10.55 ITV News and Weather; Weather. (T)

11.10 TV's Naughtiest Blunders. Celebrities turn the air blue in another selection of embarrassing slip-ups, proving that even the most consummate professionals are only human when it comes to making mistakes. (R) (T)

12.15 Nightwatch with Steve Scott: Mystery; (T) ITV News Headlines. 1.10 FILM: The Wiz (1978). Musical based on The Wizard of Oz, starring Diana Ross. (T) 3.25 ITV Nightscreen.

LOCAL

RTP1

0630 Childrens TV 0710 Brinca Comigo 0800 Bom Dia Portugal Film-de-Semana 1100 Mudar de Vida 1130 Segredos da Natureza 1230 Contra 1330 News 1415 Top + 1530 Missão de Joan 1715 Miracle Dogs Too, film 1915 O Preço Certo 2000 News 2100 A Voz do Cidadão 2115 Operação Triunfo 0015 Shootfighter II, film 0400 Lottery 0415 Tele sales

RTP2

0700 Euronews 0730 África 7 Dias 0800 Couto & Coutadas 0830 Entre Pratos 0900 Universidade Aberta 1000 The Moscow Bolshoi Circus 1130 A Minha Família e Outros Animais 1300 Kabom 1330 Bombordo 1400 Afreganistão - O Tráfico de Heroína 1500 Sport 2 1900 Entre Pratos 1930 Kabom 2100 Diga Lá Excelência 2145 A Hora da Sorte 2200 News 2240 Double Sessions: Films TBA 0245 Sport 0615 Euronews

SIC

0700 Sic Kids 0845 Disney Kids 1030 Chiquititas 1200 Nosso Mundo 1300 News 1515 Bringing Down The House 1715 The Count of Monte Cristo 2000 News 2130 Camacha Costa: 5 Anos de Saude 2300 Desejo Proibido 0000 Resistir 0145 Vector File 0330 Quando o Telefone Toca

TVI

0700 Children TV 0900 Smackdown Wrestling 1030 O Bando dos 4 1200 DeLuxe 1400 Eureka II 1600 Film TBA 1800 Film TBA 2000 News 2130 Fascínios 2245 Deixa-me Amar 0000 Timeless Obsession, film 0200 Toca a Ganhar 0330 Animal factory, film 0500 The Office 0530 Tele sales

Best of the Rest

BBC3

7.00 Dog Borstal 7.30 Top Gear 8.30 The Real Hustle Las Vegas 9.00 The Most Annoying Pop Moments We Hate to Love 11.30 Two Pints of Lager and a Packet of Crisps 12.00 Lily Allen and Friends 12.45 The Real Hustle Las Vegas 1.15 The Most Annoying Pop Moments - We Hate to Love 3.45 Two Pints of Lager and a Packet of Crisps 4.15 Lily Allen and Friends 5.00 Lily Allen

BBC4

7.00 Northanger Abbey 8.30 The Secret World of Haute Couture 9.30 The Hard Sell 10.00 Film: Sweet Smell of Success PG (1957) 11.35 Emmylou Harris's 10 Commandments of Country 12.35 Rob Brydon's Identity Crisis 1.35 The Hard Sell 2.05 The Secret World of Haute Couture 3.05 Rob Brydon's Identity Crisis 4.05 Close

ITV2

1.50 American Idol 2.50 Emmerdale 3.50 Movies Now 4.00 Ant & Dec's Saturday Night Takeaway 5.15 Hey Paula! 5.45 Coleen's Real Women 6.45 American Princess 7.45 The Planet's Funniest Animals 8.00 Film: Free Willy PG (1993) 10.05 Al Murray's Happy Hour 11.10 Film: Undercover Brother 12 (2002) 12.55 Entourage 1.30 The Office: An American Workplace 1.55 Harry Hill's TV Burp 2.20 American Princess 3.20 Movies Now 3.30 Emmerdale 6.00 Close

Sky One

1.00 Stargate Atlantis 2.00 Vroom Vroom 3.00 Movies' Greatest Cars 5.00 Malcolm in the Middle 5.30 Futurama 6.00 Futurama 6.30 Futurama 7.00 Futurama 7.30 Futurama 8.00 Brainiac: Science Abuse 9.00 Road Wars 10.00 Ross Kemp on Gangs 11.00 Nothing But the Truth 12.00 Greece Uncovered 1.00 Street Wars 1.50 Road Wars 2.40 Road Wars 3.30 Vroom Vroom 4.20 Brainiac: Science Abuse 5.10 Guilty! UKTV Gold

1.00 My Family 1.40 My Family 2.20 My Family 3.00 My Family 3.40 My Family 4.20 My Family 5.00 My Family 5.40 My Family 6.20 My Family 7.00 When Were We Funniest? 9.00 Film: Shanghai Knights 12 (2003) 11.10 Qi 11.50 Men Behaving Badly 12.30 Little Britain 1.10 Qi 1.50 Friday Night with Jonathan Ross 2.45 Carrie's War 4.15 Yes, Prime Minister 4.45 Sorry! 5.15 Dallas

TCM

1.00 Sunday in New York U (1963) 3.00 The Boy Friend U (1971) 5.35 The Sunshine Boys PG (1975) 7.40 Arena U (1953) 9.00 The Dead Pool 18 (1988) 10.45 Pennies from Heaven 12 (1981) 12.45 Ransom PG (1956) 2.30 Teleshopping 2.45 The Good Earth U (1937) 5.00 The Roaring Twenties U (1939) The Disney Channel

Kids' programmes from Tam, except: 4.00 Film: High School Musical 2 U (2007) Comedy sequel, starring Zac Efron.

MOVIES

Sky Movies Drama

(1997) 4.55 Home Team PG (1998) 6.00 Kissed by an Angel PG (2000) 7.40 Hometown Legend PG (2002) 9.25 The Chronicles of Narnia: The Lion, the Witch and the Wardrobe PG (2005) 11.45 Kissed by an Angel PG (2000) With Adam Tsele. 1.30 Madison 15 (2001) With Jim Caviezel. 3.10 The Da Vinci Code 12 (2006) With Tom Hanks. 5.40 The Chronicles of Narnia: The Lion, the Witch and the Wardrobe PG (2005) With Tilda Swinton. 8.00 Infamous 15 (2006) With Toby Jones. 10.00 The Da Vinci Code 12 (2006) With Tom Hanks. 12.30 Four Brothers 15 (2005) With Mark Wahlberg. 2.25 Breakfast on Pluto 15 (2005) With Cillian Murphy. 4.35 Madison 15 (2001)

Sky Movies Comedy

6.40 Premiere Close Up 7.10 Carolina PG (2003) 8.55 Christmas in Boston PG (2005) 10.25 Just Like Heaven PG (2005) 12.10 Big Momma's House 2 12 (2006) With Martin Lawrence. 1.50 So I Married an Axe Murderer 15 (1993) With Mike Myers. 3.30 The Holiday 12 (2006) With Cameron Diaz. 5.50 Premiere Close Up 6.20 Big Momma's House 2 12 (2006) With Martin Lawrence. 8.00 So I Married an Axe Murderer 15 (1993) With Mike Myers. 9.40 The Holiday 12 (2006) With Cameron Diaz. 12.00 Harold & Kumar Get the Munchies 15 (2005) With John Cho. 1.30 American Dreamz 12 (2006) With Hugh Grant. 3.20 How To Be a Player 18

(1997) 4.55 Home Team PG (1998)

Sky Movies Action

6.50 Next of Kin 15 (1989) 8.50 Mission: Impossible III 12 (2006) 11.00 Breakdown 15 (1997) With Kurt Russell. 12.50 Conspiracy Theory 15 (1997) With Mel Gibson. 3.10 Next of Kin 15 (1989) With Patrick Swayze. 5.00 Breakdown 15 (1997) With Kurt Russell. 6.50 Mission: Impossible III 12 (2006) With Tom Cruise. 9.00 The Delta Force 18 (1986) With Chuck Norris. 11.10 The General's Daughter 18 (1999) With John Travolta. 1.10 Delta Force II: The Colombian Connection 18 (1990) With Chuck Norris. 3.05 True Romance 18 (1993) 5.15 The Legend of Butch and Sundance PG (2004)

(R)-repeat programme;

(T)-programme with tele-

text subtitles;

(S)-programme broad-

cast in stereo;

(bw)-black and white.

SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30 Premier League Preview 7.00 Big League Weekend 8.00 Champions League Weekly 8.30 Premier League Preview 9.00 Soccer AM 12.00 Soccer Saturday 5.30 Live Super League. Wigan Warriors v Bradford Bulls (Kick-off 6.00pm). 7.55 Champions League Weekly 8.25 Football First 10.15 Football First 11.45 Football First 4.15 Spanish Football 5.45 Sky Sports Classics

Sky Sports 2

6.00 FIFA Futbol Mundial 6.30 Live Rugby Union. The Highlanders v The Waratahs (Kick-off 6.35am). 8.30 Live Rugby Union. The Brumbies v The Reds (Kick-off 8.35am). 10.30 World Sport 11.00 Max Power 12.00 Friday Night Night 2.00 World Sport 2.30 Live Rugby Union. Harlequins v Gloucester (Kick-off 2.45pm). 5.00 Max Power 6.00 NFL: Total Access 7.00 NFL: America's Game 8.00 Golf Night 10.30 NFL: Total Access 11.30 Test Cricket 12.30 Rugby Union 2.30 Champions League Weekly 3.00 Live International Cricket. The first match of this best-of-three final in Sydney.

Sky Sports 3

6.00 Sports Unlimited 7.00 World Sport 7.30 Live European Tour Golf. The Johnnie Walker Classic. 11.30 Women's Golf 1.30 Snow Adventures 2.00 British Ice Hockey 4.00 Test Cricket 5.00 WWE: Smackdown 7.00 WWE: Bottom Line 8.00 Rugby Union 10.00 Extreme Championship Wrestling 11.00 WWE: Late Night - Smackdown 1.00 WWE: Late Night - Bottom Line 2.00 Golf Night 4.30 Snow Adventures 5.00 Sports

Unlimited

British Eurosport

7.30 World Rally Championship 8.00 World Superbikes 8.50 euroCRASH! 9.00 Live Alpine Skiing. The World Cup meeting from Zweisell, Germany. 10.00 Live Biathlon. World Cup coverage from Pyeongchang in South Korea. 10.45 Live Alpine Skiing. The World Cup meeting in Kvitfjell. 12.00 Live Alpine Skiing. The World Cup meeting from Zweisell, Germany. 12.45 Live Nordic Combined Skiing. The World Cup meeting from Lahti. 2.30 Biathlon 3.00 Live WTA Tennis. The Dubai Tennis Championships. 4.30 Live Ski Jumping. World Cup coverage from Lahti, Finland. 5.00 World Superbikes 5.50 euroCRASH! 6.00 Live World Touring Car Championship. The qualifying session from Curitiba in Brazil. 6.45 World Superbikes 7.15 Figure Skating 9.00 Live Salsa Dancing. Coverage from Monaco. 10.30 World Superbikes 11.00 Live World Superbikes. The first race from Phillip Island, Melbourne. 2.00 Live World Supersport Championship. The second round from Phillip Island. 3.00 Close 4.30 Live World Superbikes. The second race from Phillip Island.

Sky Sports Xtra

6.00 Race World 7.00 Tight Lines 8.00 Friday Night 10.00 WWE: Smackdown 12.00 WWE: Bottom Line 1.00 NFL: Total Access 2.00 European Tour Golf 6.00 Sports Unlimited 7.00 MaxPower 8.00 World Sport 8.30 Live Spanish Football. A La Liga match. 11.00 Super League 1.00 Spanish Football 2.30 Super League 4.30 NFL: Total Access 5.30 World Sport

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BBC1

6.00 Breakfast. (T) 7.35 Match of the Day. (T) 9.00 The Andrew Marr Show. (T) 10.00 The Big Questions. (T) 11.00 Countryfile. (T) 12.00 The Politics Show. (T) 1.00 Diagnosis Murder. (R) (T) 1.45 FILM: The Borrowers (1997). Children's adventure, starring John Goodman. (T) 3.05 EastEnders. (T)

5.00 Songs of Praise. Eamonn Holmes celebrates Mothering Sunday by visiting his own mum in Northern Ireland. Irish singer Dana dedicates a song to the day and hymns include Tell Out My Soul. (T)

5.35 BBC News; Regional News; Weather. (T) 6.00 Life in Cold Blood. David Attenborough explores the secrets of snakes, showing how their streamlined shape secured their survival. Infra-red cameras reveal the strategy used by a rattlesnake to set up an ambush and X-ray vision reveals the amazing technique of an egg-eating snake whose quarry is many times larger than its own head. Followed by Under the Skin - Rattle-snake Steakout. (R) (T)

7.00 Antiques Roadshow. Michael Aspel and the team pay a visit to Sheffield City Hall, where heirlooms under scrutiny include an abstract sculpture rescued by its owner from a scrapyard, a canvas painted by one of the old masters, and a piece of royal history in the form of letters written by Mary Queen of Scots. (T)

8.00 Lark Rise to Candleford. A new schoolmaster named Mr Delfield arrives in Candleford, becoming popular in Lark Rise by providing evening classes for older boys and reviving an old local tradition. However, the teacher's arrival presents Sir Timothy with a rival for Dorcas' affections, and the newcomer's radical political views raises concern that he might corrupt young minds. Stephen Campbell-Moore stars. (T)

9.00 The Last Enemy. While Yasim seeks refuge at Russell's warehouse hide-out, Stephen attempts to use the Total Information Awareness system to locate someone who might provide him with a better insight into the production of Kellerman-Deloit's killer vaccine. Meanwhile, Michael's investigation of the pharmaceutical company leads him to an underworld figure dealing in fake IDs. (T)

10.00 BBC News; Weather. (T) 10.20 FILM: Chicago (2002). A pair of jailbirds go head to head to gain the attention of the media in the hope of finding fame and fortune. Spectacular musical, with Renee Zellweger and Catherine Zeta-Jones. (T)

12.05 The Sky at Night; (T) Weatherview. 12.30 Sign Zone: Around the World in 80 Gardens. (R) (T) 1.30 Sign Zone: Holby City. (R) (T) 2.30 Sign Zone: Watchdog. (R) (T) 3.00 Sign Zone: Elephant Diaries. (R) (T) 3.30 BBC News 24.



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 Tikkabilla. (R) (T) 6.50 Step Inside. Mr Mopple reads a story about a girl's rumbling tummy. (R) (T) 7.00 CBBC: Jakers! (R) (T) 7.20 BB3B. (R) (T) 7.45 The Secret Show; (R) (T) Thumb Wrestling Federation: TWFF. (R) (T) 8.20 Skunk Ful (R) (T) 8.30 Raven. The warriors take on the Serpent's Eye. (R) (T) 9.00 Hider in the House. (T) 10.00 Something for the Weekend. (T) 11.30 Animal Park. (R) (T) 12.30 FILM: Miss Sadie Thompson (1953). Musical, starring Rita Hayworth. (T) 2.00 FILM: The Burning Hills (1956). Western, starring Tab Hunter. (T) 3.30 Rugby Union. (T) 4.15 Secret WilderNESS Japan. (R) (T) 4.55 FILM: Hidalgo (2003). Premiere. Epic adventure, starring Viggo Mortensen. (T) 7.00 Sky Sunday. World Cup highlights from Kvitjeld in Norway. (T) 8.00 Tropic of Capricorn. Simon Reeve takes in the sights of Chile and Brazil. Last in series. (T) 9.00 Around the World in 80 Gardens. Monty Don witnesses the impact of Zen Buddhism on the gardening cultures of Japan and China, visiting the ancient scholars' oases in Suzhou and Kyoto, the Japanese city of gardens. (T) 10.00 Match of the Day 2. Highlights of this afternoon's Premier League matches. (T) 10.50 Last Man Standing. New series. Adventurers undertake a series of endurance challenges. (T) 11.50 FILM: Rancid Aluminium (1999). Comedy thriller, starring Rhys Ifans. (T) 1.15 The Super League Show. (T) 2.00 Inside Sport. (R) (T) 2.40 BBC News 24. (T) 3.30 Close.

Pick of the Day

Wild at Heart (ITV1 Granada, 7.30pm)

Preparations for Rosie and Max's wedding are well in hand, but when the groom's parents arrive, the bride-to-be is annoyed to learn how wealthy they are. Things become further strained when Rosie takes issue with the way that Max's father Henry treats Nomsa, and his attitude doesn't make him many new friends. However, the park staff soon find they have bigger fish to fry when Du Plessis learns that Kriel has reinstated the fences and is planning on selling Mara. Danny realises that if the animals aren't moved back to the Leopard's Den they will lose them, but even if they do, the strain it will put on their waterhole could be disastrous for the animals. While Max's stag do is a tense affair, due to Henry, the girls have a much more lively time, and Evan and Olivia are led astray by Max's brother William, who convinces them to drink and smoke. But soon both parties are plunged into darkness when some of the displaced elephants disturb power cables in their search for water. Things only get worse when the cheetah is responsible for another disaster and a rogue zebra nearly causes a tragedy. And as the couple prepare to say their vows, fate has one devastating blow left to deal.

C4

6.00 Making It. (R) 6.05 The Hoobs. (R) (T) 6.30 Transworld Sport. (T) 7.30 Adrenalin Rush. (R) 8.00 World Cup Skiing. 8.55 T4: The OC. (R) (T) 10.00 T4: Hollyoaks. (T) 12.30 T4: Vanity Lair. (T) 1.35 T4: The Hills. (T) 2.05 T4: Hollyoaks Special: Summer's Got a Secret. (T) 3.10 T4: Friends. (R) (T) 3.40 T4: The Simpsons. (R) (T) 4.15 T4: The Simpsons. (R) (T) 4.45 Crashed in the Desert. (T) 5.50 Time Team. (T) 6.45 Channel 4 News. (T) 7.00 Love and Money. Two-part documentary following two families facing the prospect of financial meltdown. Vicky and Andrew's relationship is tested when they make a risky business venture. (T) 8.00 Wife Swap. A rural housewife trades places with a glamour model. Last in series. (T) 9.00 Willie's Wonky Chocolate Factory. New series. A British entrepreneur hopes to emulate John Cadbury. (T) 10.00 FILM: The Green Mile (1999). A convicted murderer arrives on death row, where his extraordinary healing powers make a troubled prison guard doubt his guilt. Oscar-nominated supernatural drama, with Tom Hanks. (T) 1.25 Alan Carr's Celebrity Ding Dong. (R) (T) 2.10 Brat Camp: Mums and Daughters. (R) (T) 3.10 Strange Little Girls. (R) (T) 3.30 First Cut: A Piece of the Moon. (R) (T) 3.55 Dispatches: Checking-in to Airport Chaos. (R) (T) 4.50 Unreported World. (R) (T) 5.20 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (T) 6.25 Angels of Jarm. (R) (T) 6.30 Ebb and Flo. (R) (T) 6.40 Animal Families. (R) (T) 6.55 Hi-5. (R) (T) 7.35 The Beeps. (R) (T) 7.50 Fireman Sam. (T) 8.00 Rupert Bear. (R) (T) 8.15 Little Princess. (R) (T) 8.30 Hana's Helpline. (R) (T) 8.50 Roary the Racing Car. (R) (T) 9.00 Gerald McBoing Boing. (R) (T) 9.30 Jane and the Dragon. (R) (T) 10.00 Russell Grant's Postcards. (R) (T) 10.10 FILM: The Wild and the Innocent (1959). Comedy Western, starring Audie Murphy. (T) 11.45 FILM: Three Godfathers (1948). Western, starring John Wayne. (T) 1.45 Football Italiano. Live coverage of a match from Italy's Serie A. (T) 4.10 Monkey Life. (R) (T) 4.45 FILM: The Mighty Ducks (1992). Comedy, starring Emilio Estevez. (T) 6.40 five news and sport. (T) 7.00 The Sharkman. A man who free-dives with and studies great white sharks, getting close enough that he believes the creatures to be intelligent, extremely curious and receptive to being touched. (R) (T) 8.00 Ice Road Truckers. TJ is separated from the convoy during an Arctic storm. (R) (T) 9.00 FILM: Windtalkers (2002). John Woo's World War Two drama about a traumatised American soldier assigned to help protect two Navajo Indian code-carriers during the invasion of Saipan. Nicolas Cage stars. (T) 11.35 Disorderly Conduct. (T) 12.40 Laureus Sports Awards. 1.40 Winter X Games. 2.25 A1 Grand Prix. 3.15 Boxing: Fight of the Week. 4.15 NHRA Drag Racing. 5.10 Wildlife SOS. (R) (T) 5.35 Wildlife SOS. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.45 CITV: Jim Jam & Sunny. (T) 10.00 Meg & Mog. (R) 10.10 Championship Goals. (T) 11.15 FILM: Columbo: It's All in the Game (1993). Detective drama, with Faye Dunaway. 1.10 ITV News and Weather. (T) 1.20 London Today. (R) (T) 1.25 Midsomer Murders. (R) (T) 3.30 Agatha Christie's Poirot. (R) (T)

5.30 Beat: Life on the Street. A cannabis factory is uncovered in a quiet Oxford street, while Lancashire officers deal with domestic violence disputes, and the residents of Ingol help reduce the burglary rate. Last in series. (T)

6.00 London Tonight; Weather. (T)

6.15 ITV News and Weather. (T)

6.30 Dancing on Ice. Mastering routines using props. Results at 8.30pm. (T)

7.30 Wild at Heart. The arrival of Max's parents adds tension to the wedding preparations, while Du Plessis discovers Kriel has reinstated the fences and plans to sell Mara. During the stag party a power cut provokes panic leading to the bride's dress being ruined and a near miss for Fatani. As the drought continues, the ceremony is interrupted by a bushfire that threatens to engulf the animal hospital and the house. (T)

8.30 Dancing on Ice: The Skate Off. Phillip Schofield and Holly Willoughby preside as the two couples who have gained the least support from the viewers compete to avoid being next to leave the show - with the judges deciding which couple will have skated their last. (T)

9.00 Lewis. The death of Oxford don RG Cole leads to the shady underworld of unlicensed boxing and the involvement of academic Richard Helm. Investigations reveal the dead man's student Jack Roth was involved in a complex love triangle, and when the young man's rival is found dead in a suspected suicide, Lewis suspects foul play and discovers an old connection to Helm - along with a link to his former mentor, Morse. (T)

11.00 ITV News and Weather; Weather. (T)

11.15 June Whitfield: The South Bank Show. Melvyn Bragg talks to the veteran comedy actress as she reminisces about her long career, from stage performances, through radio, film and TV roles to the present day. (R) (T)

12.15 Faith and Music. (R) (T) 12.50 FILM: The Fog (1980). Chiller, starring Adrienne Barbeau; (T) ITV News Headlines. 2.20 Dial a Mum. (R) (T) 2.55 Chef v Britain. (R) (T) 3.20 Chef v Britain. (R) (T) 3.45 People's Court. (R) (T) 4.40 ITV Nightscreen.

LOCAL

RTP1

0630 Brinca Comigo 0800 OS Animais mais Moriferos do Mundo 0900 Eucaristia Dominical 1000 Eucaristia Dominical 1100 Equipados Para Matar 1200 Ab Ciencia 1230 Mr Bean 1300 News 1415 Sô Visto 1530 Traveller 1745 Operação Triunfo 1600 Tour if by the Sea, film 2000 News 2100 As Escolas de Marcelo Rebelo de Sousa 2130 Conta-me Como Foi 2300 Depois do Adeus 0045 Plots With a View, film 0400 Teleseles 0605 Nós

RTP2

0700 Euronews 0800 Músicas de África 0900 Caminhos 0930 7ox7 1000 Nós 1045 Da Terra ao Mar 1115 Consigo 1200 Vida Por Vida 1230 National Geographic 1330 Entre Pratos 1400 Reclame 1445 A Voz do Cidadão 1600 Sport 2 1900 Couto e cidades 1930 A Alma e a Gente 2000 Bombordo 2030 The Simpsons 2100 A História da Índia 2200 News 2240 Camara Clara 2350 Britcom 0050 Onda Curta

SIC

0700 Fioribella 0930 Os Bandidos 1115 Missa 1230 Otavo Dia 1300 News 1400 Fame 1500 Ghost Whisperer 1600 Never Been Kissed, film 1800 Flubber, film 2000 News 2130 Camilo em Sarilhos 2215 Dúas Caras 2345 Aquí Não Há Quem Vias 0045 Entourage 0145 Amazônia 0230 Quando o Telefone Toca

TVI

0645 Children's TV 0900 Morangos Com Açúcar 1100 Missa Braga 1230 Otavo Dia 1300 News 1410 Top + 1530 Ciclismo: Tour of Frande 1630 Film TBA 1845 O Preco Certo 2000 News 2130 Morangos Com Açúcar 2230 Ilha dos Amores 2330 Dose Fugitiva 0130 Film TBA 0215 Toca a Ganhar 0330 Birth, film TBA 0500 Teleseles

Best of the Rest

BBC3

7.00 Freaky Eaters 8.00 Find Me the Face 9.00 Two Pints of Lager and a Packet of Crisps 9.30 Little Britain 10.00 Dawn Gets Naked 11.00 Family Guy 11.25 Family Guy 11.45 Two Pints of Lager and a Packet of Crisps 12.15 Find Me the Face 1.15 Dawn Gets a Baby 2.10 Freaky Eaters 3.10 Dawn Gets Naked 4.05 Bizarre ER 4.35 The Real Hustle 4.50 Close

BBC4

7.00 Dear Television 7.10 The Onedin Line 8.00 The Cult of Sunday Night 8.30 The Rock 'n' Roll Years 9.00 Selling the 60s - How Madison Avenue Dreamed a Decade 10.00 Mad Men 10.50 The Late Edition 11.20 Selling the 60s - How Madison Avenue Dreamed a Decade 12.20 The Cult of Sunday Night 12.50 Jonathan Meades: Magnetic North 1.50 Silbury: The Heart of the Hill 2.50 The Cult of Sunday Night 3.20 Jonathan Meades: Magnetic North 4.20 Close

ITV2

2.25 Coronation Street 4.50 American Idol 6.10 American Idol 7.30 American Idol 8.30 Hey Paula! 9.00 Supernatural 10.00 Film: Jurassic Park PG (1993) 12.25 Supernatural 1.25 Dancing on Ice 2.25 Dancing on Ice: The Skate Off 2.55 Teleshopping 5.55

ITV2 Nightscreen 6.00 Close

Sky One

1.00 Crash Test Dummies 2.00 The Dog Whisperer 3.00 Project Catwalk 4.00 Malcolm in the Middle 4.40 Malcolm in the Middle 5.00 Malcolm in the Middle 5.30 Malcolm in the Middle 6.00 The Simpsons 6.30 The Simpsons 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Lost 10.00 Weeds

10.35 Weeds 11.10 Road Wars 12.10 Ross Kemp on Gangs 1.10 Movies: Greatest Cars 3.10 Crash Test Dummies 4.05 America's Dumbest Criminals 4.55 Bite Size Brainiac 5.10 Guilty!

UKTV Gold

1.00 My Family 1.40 My Family 2.20 My Family 3.00 My Family 3.40 My Family 4.20 My Family 5.00 My Family 5.40 My Family 6.20 My Family 7.00 My Family 7.40 My Family 8.20 My Family 9.00 Dalziel & Pascoe 11.20 Film: Legends of the Fall 15 (1994) 1.50 Friday Night with Jonathan Ross 2.50 In Justice 3.35 2point4 Children 4.05 As Time Goes By 4.35 As Time Goes By 5.05 Sorry! 5.35 Neighbours

TCM

1.00 The Time Machine PG (1960) 3.00 Designing Woman U (1957) 5.05 Arsenic and Old Lace PG (1944) 7.10 Blossoms in the Dust PG (1941) 9.00 Point of No Return 18 (1993) 11.00 Ryan's Daughter 15 (1970) 2.10 Teleshopping 2.35 Green Dolphin Street PG (1947) 5.00 The Sea of Grass PG (1947)

The Disney Channel

Kids' programmes from 7am, except: 4.00 Film: Johnny Tsunami PG (1999) Snowboarding drama, starring Brandon Baker.

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

MOVIES

Sky Movies Drama

6.20 Blessings PG (2003) 8.05 Amber Frey: Witness for the Prosecution PG (2005) 9.50 The Milagro Beanfield War 15 (1988) 11.50 Something New PG (2006) With Sanaa Lathan. 1.40 Bobby 15 (2006) With Laurence Fishburne. 3.40 The Milagro Beanfield War 15 (1988) With Ruben Blades. 5.40 Drama Close Up 6.10 Something New PG (2006) With Sanaa Lathan. 8.00 Bobby 15 (2006) With Laurence Fishburne. 10.00 Syriana 15 (2005) With George Clooney. 12.10 The Ice Harvest 15 (2005) With John Cusack. 1.45 Marilyn Hotchkiss Ballroom Dancing and Charm School 12 (2005) With Robert Carlyle. 3.30 The Secret Life of Zoey 12 (2002) 5.05 Blessings PG (2003)

Sky Movies Comedy

6.30 Racing Ace PG (2005) 8.10 The Adventure of Sherlock Holmes' Smarter Brother PG (1975) 9.45 Wallace and Gromit in the Curse of the Were-Rabbit U (2005) 11.15 A Fish Called Wanda 15 (1988) With John Cleese. 1.15 Let's Go to Prison (2006) With Dax Shepard. 2.50

Failure to Launch 12 (2006) With Matthew McConaughey. 4.30 Grease 2 PG (1982) With Michelle Pfeiffer. 6.30 Wallace and Gromit in the Curse of the Were-Rabbit U (2005) With Peter Sallis. 8.00 A Fish Called Wanda 15 (1988) With John Cleese. 10.00 Let's Go to Prison (2006) With Dax Shepard. 11.35 Failure to Launch 12 (2006) With Matthew McConaughey. 1.20 Annie Hall 15 (1977) With Woody Allen. 3.00 Love at First Bite 15 (1979) With George Hamilton. 4.45 City Slickers II: The Legend of Curly's Gold 12 (1994)

Sky Movies Action

6.50 Sliptream PG (1989) 8.45 Revolver 15 (2005) 10.45 Casino Royale 12 (2006) 1.15 Fearless 15 (2006) With Jet Li. 3.15 Revolver 15 (2005) With Jason Statham. 5.15 Bullitt 15 (1968) With Steve McQueen. 7.10 Fearless 15 (2006) With Jet Li. 9.00 Casino Royale 12 (2006) With Daniel Craig. 11.25 Salvador 18 (1986) With James Woods. 1.30 Internal Affairs 18 (1990) With Richard Gere. 3.30 To Live and Die in LA 18 (1985) 5.35 Sliptream PG (1989)

SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30 Futbol Mundial 7.00 Football First 8.30 Football First 10.00 The Sunday Supplement 11.00 Goals on Sunday 1.00 Live Football League. Queens Park Rangers v Stoke City (Kick-off 1.15pm). 3.30 Live Super Sunday. Everton v Portsmouth (Kick-off 4.00pm). 6.30 Super Sunday: The Last Word 7.00 Live Spanish Football. A La Liga match. 10.00 Football Special 11.30 Super Sunday: The Last Word 12.00 Spanish Football 2.00 Football Special 3.30 Super Sunday: The Last Word 4.00 Spanish Football

British Eurosport

5.30 Close 7.30 World Rally Championship 8.00 World Superbikes 8.30 Live Cross-Country Skiing. Coverage of the World Cup meeting from Lahti, Finland. 9.30 Biathlon 10.00 Live Biathlon. World Cup coverage from Pyeongchang in South Korea. 11.30 Alpine Skiing 12.00 Live Alpine Skiing. The World Cup meeting from Zwiess, Germany. 12.45 Live Ski Jumping. World Cup coverage from Lahti, Finland. 2.30 Cross-Country Skiing 3.30 Winterpark Weekend 4.00 Live Super Sunday: The Last Word 4.00 Spanish Football

Sky Sports 2

6.00 Live International Cricket. The first match of this best-of-three final in Sydney. 11.30 Sky Cricket Classic 12.00 Super League 2.00 International Cricket 4.00 Wild Spirits 4.30 Snow Adventures 5.00 Sky Cricket Classic 5.30 International Cricket 7.30 Cross Country Motorcycling 8.30 Snow Adventures 9.00 Wild Spirits 9.30 Live NASCAR. The UAW-Dodge 400. 1.00 Wild Spirits 1.30 Watersports World 2.30 Close

Sky Sports 3

6.00 Spanish Football 7.30 Live European Tour Golf. The Johnnie Walker Classic. 11.30 Women's Golf 1.30 Wild Spirits 2.30 European Tour Golf 6.00 WWE: Experience 7.00 World Sport 7.30 Golf Night 10.00 WWE: Late Night - Afterburn 11.00 WWE: Heat 12.00 International Cricket 2.00 Cross Country Motorcycling 3.00 Close

Sky Sports Xtra

6.00 Wild Spirits 6.30 Snow Adventures 7.00 Super League 9.00 WWE: Afterburn 10.00 WWE: Heat 11.00 Racing News 11.30 Rugby Union 1.30 Max Power 2.30 Snow Adventures 3.00 Watersports World 4.00 Cross Country Motorcycling 5.00 Race World 6.00 Watersports World 7.00 Sports Unlimited 8.00 International Cricket 10.00 Cross Country Motorcycling 11.00 Watersports World 12.00 Golf Night 2.30 Close

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BBC1

6.00 Breakfast. (T) 9.15 Animal 24/7. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Cash in the Attic; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Mister Maker. (R) (T) 3.25 Take a Bow. (R) (T) 3.30 CBBC: Raven. (T) 4.00 Thumb Wrestling Federation: TWF. (R) (T) 4.05 The Revenge Films of Alistair Furry. (R) (T) 4.35 M1 High. (R) (T) 5.00 Newsround. (T)

5.15 Weakest Link. General knowledge quiz, with Anne Robinson, as members of the public answer questions in the hope of winning a cash prize. (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 Watchdog. Investigation show, exposing rogue traders and fighting for consumers' rights; (T) BBC News; Regional News. (T)

8.00 EastEnders. Max prepares to move back in to the family home as Tanya goes ahead with her plan, but Sean is less than happy with the situation. Steven has trouble convincing a suspicious Stacy to take up a golden opportunity, while Bradley seems to be back on form. Shirley bonds with Phil on Ben's parents' evening. (T)

8.30 Panorama. Reporter Richard Bilton hears from the daughter of Garry Newlove, who was murdered by youths outside his home. He asks whether new measures need to be taken against violent anti-social behaviour and investigates the idea of "social capital", talking to one champion of the community action scheme. (T)

9.00 Life in Cold Blood. David Attenborough looks at the armoured behemoths of the reptile kingdom, including giant tortoises, green turtles, crocodiles and caimans. He ends the series with a conclusion of the team's findings, showing why the primitive reputation of cold-blooded creatures is far from the truth. Followed by Under the Skin - The End of an Era. (T)

10.00 BBC News at Ten O'Clock. (T)
10.25 Regional News; Weather. (T)
10.35 Damages. (T)

11.20 Inside Sport. Weekly round-up, presented by Gabby Logan, including in-depth interviews with former world heavyweight champion boxer Evander Holyfield and four-time Formula One world champion Alain Prost. Plus, Steve Bunce and Tony Livesey give their opinions on the latest news. (T)

12.00 FILM: The Boys of Sunset Ridge (2001). Drama, starring Ronny Cox; (T) Weathering. 1.35 Sign Zone: Spartacus. (R) (T) 2.35 Sign Zone: Wonderland: The 92-Year-Old Danger Junkie. (R) (T) 3.15 Sign Zone: Wanted: Dead Under Revisited. (R) (T) 4.00 Sign Zone: Elephant Diaries. (R) (T) 4.30 BBC News 24. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Time Warp Trio. (R) (T) 7.25 Newsround; (T) The Owl. (T) 7.30 Brain-Jitsu. (T) 8.30 CBeebies: LazyTown. (R) (T) 8.55 Take a Bow. (R) (T) 9.00 Charlie and Lola. (R) (T) 9.15 The Ping Pong Show. (R) 9.30 Get Squiggling. (T) 9.45 Something Special. (R) (T) 10.05 Me Too! (R) (T) 10.25 Fun with Phonics. (R) (T) 10.30 Schools: Around Scotland. (T) 10.50 BBC Primary History. (T) 11.10 Razzledazzle. (T) 11.30 Watch. (T) 11.45 Hands Up! (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Schools: BBC Primary History. (T) 1.20 BBC Primary Geography. (T) 1.30 Murder Most Famous. (T) 2.15 Don't Get Done, Get Dom. (R) (T) 3.00 Escape to the Country. (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Recipe for Success. (T) 6.00 Eggheads. (T) 6.30 Brainbox Challenge. (T) 7.00 The Twenties in Colour: The Wonderful World of Albert Kahn. (T) 7.30 Mastermind. Subjects include Steelee Spaner and the life and work of Botticelli. (T) 8.00 University Challenge. Christ Church College, Oxford take on the University of Sheffield. Last in series. (T) 8.30 FILM: A Good Woman (2004). Premiere. Comedy drama, starring Helen Hunt as a Thirties socialite whose friendship with a newly married young man is mistaken for a scandalous affair. With Scarlett Johansson. (T) 10.00 Pulling. Karen decides to give up alcohol. (T) 10.30 Newsnight; Weather. (T) 11.20 Lonesome George and the Battle for Galapagos: BBC Four on BBC Two. (T) 12.20 BBC News 24. (T) 2.00 BBC Learning Zone. (T)

Pick of the Day

Stephen Hawking - Master of the Universe (C4, 9pm)

Two decades after his international bestseller A Brief History of Time revolutionised the way in which the common man was able to access and understand complex scientific issues, Professor Stephen Hawking presents this two-part exploration of the mysteries of physics. Embarking on a journey through the universe, figuratively speaking, Professor Hawking hopes to once again allow those with no background in scientific matters to gain an understanding of how it functions and came into being. He looks at how the human race has developed its knowledge of the universe and questions whether it began arbitrarily if there is indeed a grand design. He also ponders on what use the human race has for religion in the face of growing scientific discovery as he goes in search for his Theory of Everything, which could help us to understand supernovae, black holes and dark matter as well as the workings of the sub-atomic world. Aside from his theories, Professor Hawking discusses how he overcame the disabilities of Motor Neurone disease to raise a family and spearhead pioneering work that made him the most famous physicist alive.

C4

6.05 Making It. (R) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Gay to Z; (R) (T) 3 Minute Wonder. (R) (T) 10.00 Batty Man; (R) (T) Burning Questions/3 Minute Wonder. (R) (T) 11.00 Teen Taboo; (R) (T) 3 Minute Wonder. (R) (T) 11.30 My Crazy Life; (R) (T) 3 Minute Wonder. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in Spain. (R) (T) 1.05 Eating for Britain. (T) 1.20 FILM: The Moonraker (1957). Historical adventure, starring George Baker. (T) 2.25 Come Dine with Me. (R) (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: An Eye for an Eye. New series. Short films about gangland revenge. (T) 8.00 The Fake Trade. Part one of two. The rise of illegal counterfeiting. (T) 9.00 Stephen Hawking - Master of the Universe. Part one of two. The physicist discusses his life and work. (T) 10.00 Without a Trace. A stuntman disappears from a film set, and investigations reveal he had received a death threat just minutes before he vanished. (T) 11.05 Without a Trace. (T) 11.55 4Music: 4Music Presents: Goldfrapp. (R) (T) 12.25 4Music: The Album Chart Show. (T) 12.55 4Music: 4Play: Passenger. (T) 1.05 4Music: 4Play: Passenger. (T) 1.15 World Cup Skiing. 3.15 Red Bull Air Race. (R) (T) 4.00 Channel 4 Education. (T)

FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (T) 6.25 Thomas & Friends. (R) (T) 6.35 Rupert Bear. (R) (T) 6.45 Animal Families. (R) (T) 7.00 Miss Spider's Sunny Patch Friends. (R) (T) 7.15 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.25 Little Lodgers. (R) (T) 7.30 The Mr Men Show. (T) 7.45 Roobarb and Custard Too. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerfots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Look! (R) (T) 8.40 Pocoyo. (T) 8.50 Bird Bath. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Build a New Life in the Country. (R) (T) 12.30 five news. (T) 12.45 Law & Order. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.45 Animal Rescue Squad. (T) 3.00 FILM: We'll Meet Again (2002). Thriller, starring Laura Leighton. (T) 5.00 five news with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 How Do They Do It? The evolution of the mobile phone; (T) 7.30 five news update; (T) 8.00 Fifth Gear. The V8 Lexus IS F; (T) 8.00 five news at 9.00 Breaking Into Tesco. New series. Cooks create dishes suitable for the supermarket. (T) 10.00 FILM: Snatch (2000). A happy-go-lucky boxing promoter and his dim-witted sidekick are drawn into a match-fixing racket and a diamond robbery. Comedy drama, starring Benicio Del Toro and Brad Pitt. (T) 12.00 Disorderly Conduct. (T) 1.00 NASCAR. 1.55 US PGA Golf. 2.40 Sunshine Tour Golf. 3.20 NBA 360. 4.00 Motorsport Mundial. 4.25 French Football - Le Championnat. 5.10 Neighbours. (R) (T) 5.35 House Doctor. (R) (T)

LOCAL

RTP1

0630 Bom Dia Portugal 1000
Praça da Alegria 1300 Jornal da Tarde 1515 Prova de Amor 1515
Portugal no Coração 1600
Portugal em Directo 1905 O
Preço Certo 2000 News 2100
Notas Soltas 2130 Saes Mais do
Que um Milhão de 10 Anos? 2230
Prós e Contras 0130
The Guardian III, film 0400 Tele sales
0605 N6s

RTP2

0700 Euronews 0715 Zig Zag
1300 Discovery World 1400
Sociedade Civil 1530 Da Terra
ao Mar 1600 National Geographic
1700 Zig Zag 1830 A Fé dos
Homens 1905 Eurodeputados
1945 Zig Zag 2045 Friends 2115
National Geographic 2150 A Hora
da Sorte 2200 News 2240 Seis
Graus 2330 Bastidores 0030
Noites 0115 Universidades 0145
Discovery World 0245 Diga Lá
Excelência 0345
Eurodeputados 0415 Sociedade
Civil 0545 Euronews

SIC

0700 Floribella 0830 Sic Kids
0915 Floribella 1000 Fátima 1300
News 1415 Desejo Proibido 0110
Eterna Magia 1545 O Contato
1800 Sete Pecados 1900 A
Ganhar é a Gente se Entende
2000 News 2130 Os Malucos do
Riso 2215 Das Caraz 2330
Resistirei 0030 CSI Miami 0130
Rescue Me 0330 Quando o
Telefone Toca

TVI

0700 Diário da Manhã 1000 Você
na TV 1300 News 1400 As Tardes
da Júlia 1700 Quem Quer Ganhar
1800 Morangos com Açúcar 2000
News 2200 Fascínios 2300
Deixa-me 0200 Toca a Ganhar
0345 Midnight Flight, film 0530
Tele sales

Best of the Rest

BBC3

7.00 Dragons' Den 8.00 The
Real Hustle 8.30 The Real
Hustle Las Vegas 9.00 Mrs
In-Between 1.00
EastEnders 10.30 Dawn Gets
a Baby 11.25 Family Guy
11.50 Family Guy 12.15 Mrs
In-Between 1.10 The Real
Hustle Las Vegas 1.40 Dawn
Gets a Baby 2.35 The Real
Hustle 3.05 Find Me the Face
4.05 Dog Borstal 4.35 The
Real Hustle 4.50 Close

BBC4

7.00 World News Today 7.30
Weather 7.30 The Cult of
Sunday Night 8.00 The Sky
at Night 9.00 Political
Mavericks 10.00 The Lost
World of Tibet 11.00 The Cult
of Sunday Night 11.30 The
Moon 12.30 The Sky at Night
1.00 The Sky at Night 2.00
The Lost World of Tibet 3.00
Political Mavericks 4.00
Close

ITV2

1.00 Emmerdale 1.30 The
Jeremy Kyle Show 2.35 The
Jeremy Kyle Show 3.45 Ricki
Lake 4.30 Sally Jessy
Raphael 5.20 The Montel
Williams Show 6.05 Judge
Judy 7.00 Smallville 8.00
Jerry Hill's TV Burg 8.30
Heartthrobs: Gone Bad 9.00
Film: Jurassic Park PG
(1993) 11.25 Coronation
Street 11.55 Coronation
Street 12.25 Film: Sleepless
in Seattle PG (1993) 2.25
Teleshopping 5.25 ITV2
Nightvision 6.00 Close

Sky One

1.00 Cold Case 2.00 Las
Vegas 3.00 Stargate SG-1
4.00 Stargate SG-1 5.00 Are
You Smarter Than a 10 Year

Old? 6.00 Futurama 6.30
Malcolm in the Middle 7.00
The Simpsons 7.30 The
Simpsons 8.00 The
Simpsons 8.30 The
Simpsons 9.00 Road War
10.00 Night Cops 11.00
Road Wars 12.00 Street
Wars 1.00 Road Wars 1.50
Greece Uncovered 2.40 The
Villa 3.30 Rescue Me 4.20
Dream Team 5.10 Guilty!

UKTV Gold

1.00 Last of the Summer
Wine 1.40 Keeping Up
Appearances 2.20 My Hero
3.00 dinnerladies 3.40 My
Family 4.20 Keeping Up
Appearances 5.00 My Hero
5.40 dinnerladies 6.20 My
Family 7.00 New Tricks 8.00
New Tricks 9.00 Film:
Legends of the Fall 15
(1994) 11.30 The Royle
Family 12.10 Men Behaving
Badly 12.50 I'm Alan
Partridge 1.30 Two Pints of
Lager and a Packet of
Crisps 2.05 Men Behaving
Badly 2.35 In Justice 3.20
Animal Park 3.45 Animal
Park 4.10 Pride 5.35
Neighbours

TCM

1.00 Travels with My Aunt
PG (1972) 3.00 The Girl and
the General PG (1967) 4.50
Guns for San Sebastian PG
(1968) 6.50 2010 PG (1984)
9.00 Mad Max Beyond
Thunderdome 15 (1985)
10.55 The Night Digger 15
(1971) 1.10 Dark of the Sun
12 (1968) 2.50
Teleshopping 3.05 Tarzan
the Ape Man U (1932) 5.00
The Wind U (1928)

The Disney Channel

Kids' programmes from
7am, except:

MOVIES

Sky Movies Drama

6.40 Miss Lettie and Me U
(2002) 8.15 Desperate Justice
PG (1993) 9.55 The White
Countess PG (2005) 12.10
Miss Lettie and Me U (2002)
With Mary Tyler Moore. 1.45
Derailed 15 (2005) With
Jennifer Aniston. 3.35 Tristan
and Isolde 12 (2005) With
James Franco. 5.45 The White
Countess PG (2005) With
Ralph Fiennes. 8.00 Derailed
15 (2005) With Jennifer
Aniston. 10.00 Tristan and
Isolde 12 (2005) With James
Franco. 12.10 The Exorcism
of Emily Rose 15 (2005) W
Laura Linney. 2.15 Asylum 15
(2005) With Natasha
Richardson. 4.00 Separate
Lies 15 (2005) 5.35 Desperate
Justice PG (1993)

Sky Movies Comedy

6.45 Pal Joey U (1957) 8.45
People Will Talk PG (1951)
10.45 Sgt Bilko PG (1996)
12.25 Premiere Close Up 12.55
Fat Albert U (2004) With Kenan
Thompson. 2.35 Nacho Libre
12 (2006) With Jack Black.
4.15 Last Holiday 12 (2006)
With Queen Latifah. 6.15 Fat
Albert U (2004) With Kenan
Thompson. 8.00 Nacho Libre
12 (2006) With Jack Black.
9.45 Just Friends 12 (2005)
With Ryan Reynolds. 11.25
Confetti 15 (2006) With Martin
Freeman. 1.10 Last Holiday
12 (2006) With Queen Latifah.
3.05 I'm Gonna Git You Sucka
15 (1988) 4.40 People Will
Talk PG (1951)

Sky Movies Action

7.20 Woman with a Past PG
(1992) 8.50 Switchback 15
(1997) 10.50 Red Eye 12
(2005) 12.20 Legionnaire 15
(1998) With Jean-Claude Van
Damme. 2.05 The Fast and the
Furious: Tokyo Drift 12 (2006)
With Lucas Black. 3.50
Switchback 15 (1997) With
Dennis Quaid. 5.50 Red Eye
12 (2005) With Rachel
McAdams. 7.20 Legionnaire
15 (1998) With Jean-Claude
Van Damme. 9.00 The Fast
and the Furious: Tokyo Drift
12 (2006) With Lucas Black.
10.45 The Departed 18 (2006)
With Jack Nicholson. 1.20
Inferno 18 (1999) With Jean-
Claude Van Damme. 3.00 The
Border 15 (1981) With Jack
Nicholson. 4.55 Woman with a
Past PG (1992)

(R)-repeat programme;

(T)-programme with tele-

text subtitles;

(S)-programme broadcast

ing stereo;

(bw)-black and white.

SPORT

Sky Sports 1

6.00 Good Morning Sports
Fans 9.00 Football Special
10.30 Super Sunday: The Last
Word 11.00 Spanish Football
1.00 Football Special 2.30
Super Sunday: The Last Word
3.00 Spanish Football 5.00
Soccer AM: The Best Bits
6.00 Big League Weekend
7.30 Monday Night Live.
Nottingham Forest v Carlisle
United (Kick-off 7.45pm).
10.00 You're on Sky Sports!
11.00 Big League Weekend
12.30 Soccer AM: The Best
Bits 1.30 Champions League
Weekly 2.00 You're on Sky
Sports! 3.00 Live International
Cricket. The second final of
the CB Series.

Sky Sports 2

6.00 Aerobics Oz Style 6.30
Snow Adventures 7.00 WWE:
Bottom Line 8.00 Aerobics
Oz Style 8.30 Snow
Adventures 9.00 Cross
Country Motorcycling 10.00
Max Power 11.00 NASCAR
2.30 Test Cricket 3.30 Golf
Night 6.00 FEI Equestrian
World 6.30 Test Cricket 7.30
World Motor Sport 10.00 World
Pool Trickshots 12.00 World
Motor Sport 2.30 Big League
Weekend 4.00 Close

Sky Sports 3

11.00 Racing News 11.30
Aerobics Oz Style 12.00 Golf
Night 2.30 Snow Adventures
3.00 Thinking Tackle 4.00
Cross Country Motorcycling
5.00 WWE: Raw 7.00 Cross
Country Motorcycling 8.00
Squash 9.00 Squash 10.00

Sky Sports Xtra

WWE: Late Night - Bottom
Line 11.00 WWE: Afterburn
12.00 Extreme Championship
Wrestling 1.00 WWE: Heat
2.00 Live WWE: Late Night -
Raw. Wrestling action from
the States. 4.15 Close

British Eurosport

7.30 Motorsports Weekend
7.45 Motorsports Weekend
8.00 World Superbikes 9.00
World Rally Championship
9.30 French Rugby 10.00 Live
ATP Tennis. The Dubai Tennis
Championships. 2.00 ATP
Tennis 3.00 Live ATP Tennis.
The Dubai Tennis
Championships. 5.00 Ski
Jumping 6.00 Viking 6.30
Eurogoals 7.15 World
Superbikes 9.15 MotoGP 9.45
World Touring Car
Championship 10.45 World
Rally Championship 11.15
Eurogoals 12.00 Motorsports
Weekend 12.00 Motorsports
Weekend 12.30 Close

4.00 Snow Adventures 4.30
Aerobics Oz Style 5.00 Bass
Fishing 6.00 Thinking Tackle
7.00 Wild Sports 7.30 Sports
Adventure 8.00 Bass Fishing
9.00 Thinking Tackle 10.00
Squash 11.00 Squash 12.00
Bass Fishing 1.00 Wild Sports
1.30 Sports Adventure 2.00
Snow Adventures 2.30 FEI
Equestrian World 3.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 Animal 24/7. (T) 10.00 Hours Under the Hammer. (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Cash in the Attic. (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Mister Maker. (R) (T) 3.25 Take a Bow. (R) (T) 3.30 CBBC: Flaven. (T) 3.55 The Cramp Twins. (R) (T) 4.10 Best of Friends. (T) 4.35 Blue Peter. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Back-stabbing general knowledge quiz. (T)
6.00 BBC News; Weather. (T)
6.30 Regional News; Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 EastEnders. An enthusiastic Stacey ropes in

Steven to model her dress, but Christian's comments make her doubt her design skills. Tanya goes ahead with her plan to ruin Max, but Abi delights at the prospect of him moving back home. Ian almost comes a cropper as Clare turns up the pressure on him. Shirley has a scare; (T) BBC News; Regional News. (T)
8.00 Holly City. Connie's intention to perform simultaneous brain and heart surgery on a patient brings her into conflict with Elliot, but that is only part of her day's stresses. Already feeling guilty over his decision to send Chloe away, Linden becomes obsessed with finding an amputee's hand, and Maria is delighted to capture Sam's attention despite Kyla's warnings. (T)

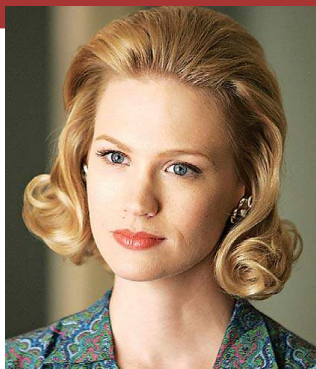
9.00 Hotel Babylon. The team have one day to organise a society wedding, but when it emerges the bride's family are bankrupt Charlie is faced with a stark choice. Temptation threatens to get the better of Ben putting him at the mercy of mercurial celebrity chef Otto, and James gets a shock from his past in the shape of a weight-loss guru. Guest starring Gary Wadsworth and Michael Landes. (T)

10.00 BBC News at Ten O'Clock. (T)
10.25 Regional News; Weather. (T)
10.35 Imagine. Alan Yentob meets Australian industrial designer Mark Newson, responsible for projects as diverse as cars and coat hangers. With his lounge suits among the most sought-after in the world, his latest undertaking is a new fleet of sub-orbital airliners that could revolutionise travel. Last in series. (T)

11.25 Film 2008 with Jonathan Ross. The stars of The Other Boleyn Girl discuss their roles. Plus, a review of Vantage Point, starring Dennis Quaid, Forest Whitaker and Sigourney Weaver as witnesses to a presidential assassination attempt, and a feature on Hollywood's role in the real-life race for the White House. (T)

11.55 FILM: Man Dancin' (2003). Gritty crime drama, starring Alex Ferns; (T) Weatherview.

1.50 Sign Zone: See Hear. (R) (T) 2.20 Sign Zone: Tropic of Capricorn. (R) (T) 3.20 Sign Zone: George Melly's Last Stand. (R) (T) 4.20 Sign Zone: Elephant Diaries. (R) (T) 4.50 BBC News 24. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Time Warp Trio. (R) (T) 7.25 Newsround; (T) The Owl. (T) 7.30 Brain-Jitsu. (T) 8.30 CBeebies: LazyTown. (R) (T) 8.55 Take a Bow. (R) (T) 9.00 Charlie and Lola. (R) (T) 9.15 The Pingu Show. (R) 9.30 Get Squiggling. (T) 9.45 Something Special. (T) 10.05 Me Too! (R) (T) 10.25 Fun with Phonics. (R) (T) 10.30 Schools: Words and Pictures. (T) 10.40 Words and Pictures. (T) 10.50 BBC Primary Geography. (T) 11.10 Timeswitch: The Last Duel. (R) (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Schools: The Maths Channel. (T) 1.10 The Maths Channel. (T) 1.20 Primary Geography. (T) 1.30 Murder Most Famous. (T) 2.15 Don't Get Done, Get Dom. (R) (T) 3.00 Escape to the Country. (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Recipe for Success. (T) 6.00 Eggheads. (T) 6.30 Brainbox Challenge. (T) 7.00 Deep South Divide: This World. (T) 7.30 Wainwright Walks. Where Roman legions crossed the fells 2000 years ago. (T) 8.00 An Island Parish. New ideas on earning through the winter are needed. (T) 8.30 Johnny's New Kingdom. New series. Johnny Kingdom creates a pond to attract wildlife. Continues tomorrow. (T) 9.00 Horizon. The search for other planets capable of supporting life. (T) 9.50 Coast. The mudflats of Solway Firth. (T) 10.00 Mock the Week Again. With Ed Byrne, Robin Ince and Jo Brand. (R) (T) 10.30 Newsnight; Weather. (T) 11.20 Mad Men. (T) 12.10 BBC News 24. (T) 2.00 BBC Learning Zone. (T)

Pick of the Day

Mad Men (BBC2, 11.20pm)

In case you haven't heard the buzz, this latest import from across the pond is something of a smash-hit and recently scooped a Golden Globe for Best Series. Considering its pedigree, that's no surprise. Mad Men is written by Matthew Weiner the creator of acclaimed Mafia drama The Sopranos. At first glance, this offering looks a million miles away from the murky world of hit-men and wise guys, but under the surface, there are distinct similarities. Set in the 1960s, it chronicles life at the Sterling Cooper Advertising Agency, where anything goes. The drama centres on Don Draper, the biggest ad man in the business, who calls the shots in the boardroom and the bedroom. Over the next 13 episodes, we get to see how this Titan of advertising copes with the social changes going on all around him, while at the same time trying to cling on to power. In this opener, Draper is aghast to learn smoking has been linked with cancer (remember, this is the 1960s). He's feeling the pressure, thanks to the fact one of his biggest clients is the cigarette-maker Lucky Strike. Unfortunately for the ad man, it's just the tip of the iceberg as far as his problems are concerned. John Hamm heads the cast.

C4

6.00 Cubeez. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Gay to Z. (R) (T) 3 Minute Wonder. (R) (T) 10.00 Coming Out to Class; (R) (T) Burning Questions/3 Minute Wonder. (R) (T) 11.00 Teen Taboo; (R) (T) 3 Minute Wonder. (R) (T) 11.30 My Crazy Life; (R) (T) 3 Minute Wonder. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in Spain. (R) (T) 1.00 3 Minute Wonder: Shoshine Stories. (R) (T) 1.05 3 Minute Wonder: Where There's a Will. (R) (T) 1.10 FILM: The Fighting Seabees (1944). World War Two melodrama, starring John Wayne. (T) (bw) 2.55 Come Dine with Me. (R) (T) 3.25 Court Escape. (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: An Eye for an Eye. The effects of gangland revenge. (T) 8.00 Supersize vs Superskinny. A recently married 29st man worried about his health. (T) 9.00 The Woman Who Stops Traffic. Kris moves her campaign on to Boston in Lincolnshire, where a never-ending traffic jam has led to a majority of the local council being elected on the promise of building a bypass. (T) 10.00 Shameless. Karen is concerned when Jamie's former cell-mate comes to stay. (T) 11.10 Bring Back - Grange Hill. (R) (T) 12.10 Late Night Poker. 1.00 World Cup Skiing. 3.00 KOTV. (T) 3.25 Triathlon. (R) 4.00 Channel 4 Education. (T)

FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (T) 6.25 Thomas & Friends. (R) (T) 6.35 Rupert Bear. (R) (T) 6.45 Animal Families. (R) (T) 7.00 Miss Spider's Sunny Patch Friends. (R) (T) 7.15 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.25 Little Lodgers. (R) (T) 7.30 The Mr Men Show. (T) 7.45 Roobarb and Custard Too. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerfots. (R) (T) 8.15 Sailor Sid. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) 8.50 Bird Bath. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Build a New Life in the Country. (R) (T) 12.30 five news. (T) 12.45 Law & Order. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.45 Animal Rescue Squad. (T) 3.00 FILM: Perry Mason: The Case of the Lethal Lesson (1989). Murder mystery, with Raymond Burr. (R) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 Animal Rescue Squad. A South African cart-horse with a nasty infection; (T) 7.30 five news update. 8.00 Monster Moves. New series. Transporting 20 ancient Egyptian temples; (T) 8.00 five news at 9.00 CSI: Crime Scene Investigation. A speeding rubbish truck leads the team to two bodies. (T) 10.00 CSI: Miami. Murder at a charity event hides a dark secret; (R) (T) five news update. (T) 11.00 Law & Order: Criminal Intent. (T) 12.00 FBI Files. (R) (T) 1.00 NBA Basketball. 4.15 Race and Rally UK. 4.40 Football Italiano. 5.10 Neighbours. (R) (T) 5.35 House Doctor. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Dickinson's Real Deal. (R) (T) 2.30 The Alan Titchmarsh Show. (T) 3.30 The Royal Today. (T) 3.59 London Weather. (T) 4.00 Rosemary & Thyme. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find the jackpot hidden inside one of a set of golden balls. The two surviving players face the choice of splitting the cash prize or trying to steal it all. (T) London Tonight; Weather. (T)

6.00 ITV Evening News; Weather. (T)
7.00 Emmerdale. Pollard lavishes gifts on Val before meeting Rosalind at a hotel, though he soon realises where his heart lies and backs out of the encounter - but a camera captures a kiss between the pair. Nicola's murderous plan for Donald backfires and Paul tries to get some time alone with Jonny. (T)

7.30 UEFA Champions League Live. Manchester United v Lyon (Kick-off 7.45pm). Steve Rider is joined by Andy Townsend to present coverage of tonight's last-16 second-leg encounter at Old Trafford. Subsequent programmes subject to change. (T)
10.00 News at Ten and Weather; Weather. (T)

10.40 UEFA Champions League Highlights. Action from the second legs of this evening's last-16 ties, including Manchester United against Lyon at Old Trafford, AC Milan v Arsenal at the San Siro and Barcelona v Celtic at the Nou Camp. The Gunners and Boys will need to dispose of the champions of the past two seasons if they are to reach the quarter-finals, while the Red Devils also have a tough job on their hands against the French league champions. Commentary by Clive Tidyson and Peter Drury, with reports from Dave Beckett and Trevor Harris. (T)

11.40 Dexter. Crime drama, starring Michael C Hall as a forensic expert who leads a double life as a serial killer, executing criminals who have escaped justice. In his first case, Dexter becomes intrigued by a murderer who has found a way of claiming victims without leaving any tell-tale bloodstains. With James Remar and Julie Benz. (R) (T)

12.40 Nightwatch with Steve Scott: Crime; (R) (T) ITV News Headlines. 2.25 Loose Women. (R) (T) 3.15 The Jeremy Kyle Show. (R) (T) 4.10 ITV Nightscreen.

LOCAL

RTP1
0630 Bom Dia Portugal 1000
Praça da Alegria 1300 News
1415 Prova de Amor 1515
Portugal No Coração 1800
Portugal em Directo 1905
News 2100 Sabe Mais Do
Que um Miúdo de 10 Anos?
0230 Nailed, film 0400
Telealeas 0605 Nôs

RTP2
0700 Euronews 0715 Zig Zag
1300 Discovery Hour 1400
Siciedade Civil 1530 Da
Terra Ao Mar 1600 National
Geographic 1700 Zig Zag
1830 A Fé Dos Homens 1900
2010 1945 Zig Zag 2045
Freinds 2110 National
geographic 2200 News 2200
Greys Anatomy 2330
Sempre em Pé 0040 Noites
da 2 0115Universidades
0145 Hora Discovery 0245
camara Claas 0355 2010
0535 Sociedade Civil 0605
Euronews

SIC
0700 Floribella 0830 Sic Kids
1100 Fatima 1300 News
1415 Desejo Proibido 1415
Eterna Magia 1515
Contacto 1800 Sete
Pecados 1900 A Ganhar à
Que Agente Se Entende
2000 News 2130 Os Malucos
do Riso 2215 Duas Caras
2330 Restitirei 0030 Entre
Vidas 0130 Rescure Me 0230
Quando o Telefone Toca

TVI
0700 Diário Da Manhã 1000
Você na TV 1300 News 1400
As Tardes da Júlia 1700
Quem Quer Ganha 1800
Morangos com Açúcar 2130
News 2215 Doce Fugitiva
0345 The Cavemans
Valentine, film

Best of the Rest

BBC3
7.00 Dog Borstal 8.00 Find
Me the Face 9.00 The Real
Hustle Las Vegas 9.30
Bizarre ER 10.00 EastEnders
10.30 Lily Allen and Friends
11.15 Family Guy 11.40
Family Guy 12.00 Two Pints
of Lager and a Packet of
Crisps 12.30 The Real Hustle
Las Vegas 1.00 Bizarre ER
1.30 Lily Allen and Friends
2.15 Find Me the Face 3.15
Dog Borstal 4.10 The Real
Hustle 4.25 The Real Hustle
4.40 Close

BBC4
7.00 World News Today 7.30
Weather 7.30 Pop Go the
Sixties 7.35 Batman 8.00
Around the World in 80
Treasures 9.00 Dolce Vita
Africana: Storyville 10.00
Goodness Gracious Me 10.30
The Hard Sell 11.00 The
Armstrong & Miller Show
11.30 The Lost World of Tibet
12.30 The Protestant
Revolution 1.30 Proms on
Four 2007 3.20 The
Protestant Revolution 4.20
Close

ITV2
1.00 Emmerdale 1.30 The
Jeremy Kyle Show 2.35 The
Jeremy Kyle Show 4.35 Ricki
Lake 4.30 Sally Jessy
Raphael 5.20 The Montel
Williams Show 6.05 Judge
Judy 7.00 Smallville 8.00
Britain's Youngest Brides
9.00 Film: Sleepless in
Seattle PG (1993) 11.05 Film:
Twister PG (1996) 1.15 Judge
Judy 1.40 Teleshopping 4.40
ITV2 Nightscreen 6.00 Close
Sky One
1.00 Cold Case 2.00 Las
Vegas 3.00 Stargate SG-1
4.00 Stargate SG-1 5.00 Are

You Smarter Than a 10 Year
Old? 6.00 Futurama 6.30
Malcolm in the Middle 7.00
The Simpsons 7.30 The
Simpsons 8.00 Stargate
Atlantis 9.00 Ross Kemp on
Gangs 10.00 Lost 11.00 Cold
Case 12.00 Bones 1.00 Road
Wars 1.50 Road Wars 2.40
The Villa 3.30 Rescue Me
4.20 Dream Team 5.10 Guilty!

UKTV Gold
1.00 Last of the Summer
Wine 1.40 Keeping Up
Appearances 2.20 My Hero
3.00 dinnerladies 3.40 My
Family 4.20 Keeping Up
Appearances 5.00 My Hero
5.40 dinnerladies 6.20 My
Family 7.00 Open All Hours
7.40 Porridge 8.20 Only Fools
and Horses 9.00 The Vicar of
Dibley 9.40 One Foot in the
Grave 10.20 The Royle Family
11.00 The Vicar of Dibley
11.40 Only Fools and Horses
12.20 Men Behaving Badly
1.00 I'm Alan Partridge 1.40
Open All Hours 2.20 Porridge
2.50 Men Behaving Badly
3.20 2pof4 Children 3.50
As Time Goes By 4.20 The
Bill 5.10 Neighbours 5.35
Neighbours

TCM
1.00 Mansfield Park 3.00
Boys' Night Out PG (1962)
5.00 Where Were You When
the Lights Went Out? PG
(1968) 6.35 North by
West PG (1959) 9.00
Rio Bravo U (1959) 11.50
Demon Seed 15 (1977) 1.30
The Haunting 15 (1963) 3.30
Teleshopping 3.45 The
Golden Arrow PG (1936) 5.00
Conspirator U (1949)
The Disney Channel
Kids' programmes from 7am,
except:

MOVIES

Sky Movies Drama

7.10 Joshua U (2002) 8.45
Booky Makes Her Mark U
(2006) 10.25 Soul Food 15
(1997) 12.25 Elizabethtown 12
(2005) With Orlando Bloom.
2.35 Joshua U (2002) With
Tony Goldwyn. 4.15 Ride to
Freedom: The Rosa Parks
Story PG (2001) With Angela
Bassett. 6.00 Soul Food 15
(1997) With Vanessa L.
Williams. 8.00 Elizabethtown
12 (2005) With Orlando Bloom.
10.10 Beloved 15 (1998) With
Oprah Winfrey. 1.05 Amistad
15 (1997) With Anthony
Hopkins. 3.50 Mayday 12
(2005) 5.30 Booky Makes Her
Mark U (2006)

Sky Movies Comedy

6.35 A Touch of Larceny U
(1959) 8.10 Carolina PG (2003)
9.55 Boys Klub PG (2001) 11.40
The Thing About My Folks 12
(2005) With Paul Reiser. 1.20
Police Academy VI: City Under
Siege PG (1989) With Bubba
Smith. 2.50 My Super Ex-
Girlfriend 12 (2006) With Uma
Thurman. 4.30 Drop Dead Fred
15 (1991) With Rik Mayall.
6.15 The Top 10 Show 6.30

Police Academy VI: City Under
Siege PG (1989) With Bubba
Smith. 8.00 My Super Ex-
Girlfriend 12 (2006) With Uma
Thurman. 9.45 Dukes of
Hazzard: The Beginning 15
(2007) With Jonathan Bennett.
11.30 Keeping Mum 15 (2005)
With Rowan Atkinson. 1.20 The
Thing About My Folks 12 (2005)
With Paul Reiser. 3.05 The Owl
and the Pussycat 15 (1970)
4.50 A Touch of Larceny U
(1959)

Sky Movies Action

6.30 Young Ivanhoe PG (1995)
8.15 Streets of Fire 15 (1984)
10.05 Down n Dirty 15 (2000)
11.50 Witness 15 (1985) With
Harrison Ford. 1.50 Waist Deep
15 (2006) With Tyrese Gibson.
3.35 Captive 15 (1998) With
Richard Grieco. 5.15 Witness
15 (1985) With Harrison Ford.
7.10 Robin Hood PG (1990)
With Patrick Bergin. 9.00 Blade
18 (1998) With Wesley Snipes.
11.05 Crank 12 (2006) With
Jason Statham. 12.35 Year of
the Dragon 18 (1985) With
Mickey Rourke. 2.50 Running
Scared 18 (2006) With Paul
Walker. 4.55 Young Ivanhoe
PG (1995)

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

SPORT

Sky Sports 1

6.00 Live International
Cricket. The second final of
the CB Series. 11.30 Sky
Cricket Classic 12.00 Big
League Weekend 1.30
International Cricket 3.30
Sky Cricket Classic 4.00 Big
League Weekend 5.30
International Cricket 7.30
Soccer Special 9.00 Live
Test Cricket. New Zealand v
England. 5.00 Sky Cricket
Classic 5.30 Snow
Adventures

Sky Sports 2

6.00 Good Morning Sports
Fans 9.00 Soccer AM: The
Best Bits 10.00 FEI
Equestrian World 10.30
World Motor Sport 1.00
Thinking Tackle 2.00 UEFA
Champions League 2.30
UEFA Champions League 3.00
UEFA Champions League 3.30
UEFA Champions League 4.00
UEFA Champions League 4.30
UEFA Champions League 5.00
UEFA Champions League 5.30
UEFA Champions League 6.00
Revista De La Liga 7.00
Live UEFA Champions
League. Barcelona v Celtic
(Kick-off 7.45pm). 10.15
Revista De La Liga 11.15
NFL: Total Access 12.15 Pool
1.15 Revista De La Liga 2.15
Close

Sky Sports 3

6.00 Aerobics Oz Style 6.30
Snow Adventures 7.00 WWE:
Afterburn 8.00 Thinking
Tackle 9.00 Squash 10.00

Squash 11.00 Racing News
11.30 Aerobics Oz Style
12.00 Bass Fishing 1.00 NFL:
Total Access 2.00 Snow
Adventures 2.30 World Motor
Sport 5.00 WWE: Smackdown
7.00 Snow Adventures 7.30
Live UEFA Champions
League. Sevilla v Fenerbahce
(Kick-off 7.45pm). 10.00
Poker 12.00 Sports Unlimited
1.00 Cross Country
Motorcycling 2.00 Close

British Eurosport

7.30 Yoz Magazine 8.00
WATTS 8.15 Ski Jumping
9.15 Eurogoals 10.00 Live
ATP Tennis. The Dubai
Tennis Championships. 1.30
UEFA Champions League
2.30 WATTS 2.45 UEFA
Champions League 4.00 Live
Ski Jumping. The men's
World Cup meeting in Kuopio.
5.00 Eurogoals 5.15 Live Ski
Jumping. The men's World
Cup meeting in Kuopio. 5.45
Eurogoals 6.00 Viking 6.30
Eurogoals 7.15 Boxing 8.30
Boxing 10.00 World Touring
Car Championship 10.30
World Rally Championship
11.30 Ski Jumping 12.30
Close

Sky Sports Xtra

1.30 FEI Equestrian World
2.00 Squash 3.00 Squash
4.00 Thinking Tackle 5.00
NFL: Total Access 6.00
Aerobics Oz Style 6.30 Pool
7.30 International Cricket
9.30 Sports Unlimited 10.30
Pool 11.30 Snow Adventures
12.00 Bass Fishing 1.00
Snow Adventures 1.30
Sports Adventure 2.00 Close



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PAT Care

See page 40

BBC1

6.00 Breakfast. (T) 9.15 Animal 24/7. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Cash in the Attic; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Mister Maker. (R) (T) 3.25 Take a Bow. (R) (T) 3.30 CBBC: Raven. (R) (T) 3.55 The Cramp Twins. (R) (T) 4.10 Whizz Whizz Bang Bang. (R) (T) 4.35 Blue Peter. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson piles on the pressure in another round of the general knowledge contest. (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)

7.00 The ONE Show. (T)
7.30 My Family. Ben becomes convinced he's staring death in the face, prompting him to draw up a will, while Susan pitches in by planning his funeral - and Nick's new job with an undertaker only adds to the morbid mood in the Harper household. Comedy, starring Robert Lindsay, Zoe Wanamaker and Kris Marshall. (R) (T)

8.00 Whistleblower. Investigation into the failings of the multi-million pound childcare industry. An undercover reporter sets out to get a job in the profession without any relevant qualifications and discovers evidence of widespread failings that put many children at risk on a daily basis. (T)
9.00 Traffic Cops. Insight into the working life of traffic police as they patrol the nation's busiest and most dangerous roads, using modern technology and old-fashioned techniques to bring car criminals to justice. (R) (T)

10.00 BBC News at Ten O'Clock. (T)
10.25 Regional News; Weather. (T)

10.35 The National Lottery Draws. James Martin sets the balls rolling to decide the all-important numbers. (T)

10.40 Surviving Suicide. The stories of people who have attempted or been bereaved by suicide and examples of how it is possible to recover from the depression that causes some to kill themselves. Contributors include Neil Tinning, who tried to take his own life four times, and Melinda Messenger, who suffered severe post-natal depression. (T) National Lottery Update. (T)
11.35 FILM: Born Yesterday (1993). Comedy, starring Melanie Griffith; (T) Weatherview.

1.15 Sign Zone: Heathrow: Ready for Take Off? (R) (T) 1.45 Sign Zone: Antiques Roadshow. (R) (T) 2.45 Sign Zone: Wanted Down Under Revisited. (R) (T) 3.30 Sign Zone: Elephant Diaries. (R) (T) 4.00 BBC News 24. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Time Warp Trio. (R) (T) 7.25 Newsround; (T) The Owl. (R) (T) 7.30 Brain-Jitsu. (T) 8.30 CBeebies: LazyTown. (R) (T) 8.55 Take a Bow. (T) 9.00 Charlie and Lola. (R) (T) 9.15 The Pingu Show. (R) 9.30 Get Squiggling. (T) 9.45 Something Special. (R) (T) 10.05 Me Too! (R) (T) 10.25 Fun with Phonics. (T) 10.30 What the Ancients Did for Us. (R) (T) 11.30 The Daily Politics. (T) 1.00 See Hear. (T) 1.30 Working Lunch. (T) 2.00 Murder Most Famous. (T) 2.45 Coast. (T) 3.00 Escape to the Country. (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Recipe for Success. (T) 6.00 Eggheads. (T) 6.30 Brainbox Challenge. (T) 7.00 Around the World in 80 Gardens. The impact of Zen Buddhism on the gardens of China and Japan. (R) (T) 8.00 Bill Oddie's Wild Side. Finding music in wildlife. (T) 8.30 Johnny's New Kingdom. Badgers inhabiting Johnny's land. (T) 9.00 Torchwood. Owen believes he needs absolution. (T) 9.50 Wonderland: The Woman Who Bought a School for Her Son. A barrister who took control of her sons' education. (T) 10.30 Newsnight; Weather. (T) 11.20 Desi DNA. Shakespeare's relevance for modern British-Asian audiences. (T) 11.50 Indian School: BBC Four on Two. (T) 12.20 BBC News 24. (T) 2.00 BBC Learning Zone. (T)

Pick of the Day

Rock Rivals (ITV1 Granada, 9pm)

The next run of The X Factor is several months away, but don't panic, talent show fans, because ITV1 has the perfect new drama for you. Rock Rivals focuses on Malcolm and Karina Faith, a married duo who've worked together in the music business but have become household names thanks to their appearances as judges on TV programme Rock Rivals. "The ongoing appeal for this type of talent show presents a ripe opportunity for a modern fun drama that transports us backstage into the heady and fabulous extremes of the music business," says Sally Haynes, ITV1's controller of network drama. The bubble bursts for Mal and Karina on the personal front when his affair with his assistant, Jinx, becomes common knowledge. Karina decides she wants a divorce, setting in motion a series of devastating events that leave the couple at each other's throats. But they're not only fighting over personal possessions and money, there's also professional pride at stake as Mal and Karina go head-to-head on their own show, each determined to make sure their protégé wins the Rock Rivals title. Sean Gallagher and Michelle Collins head the cast, which also includes Sophia Dwanay, Nicola Hughes and Holly Quin-Ankrah.

C4

6.00 Cubez. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Gay to Z; (R) (T) 3 Minute Wonder. (R) (T) 10.00 My Big Gay Prom; (R) (T) Burning Questions/3 Minute Wonder. (R) (T) 11.00 Teen Taboos; (R) (T) 3 Minute Wonder. (R) (T) 11.30 My Crazy Life; (R) (T) 3 Minute Wonder. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in Spain. (R) (T) 1.00 3 Minute Wonder: Viewing Figures. (R) (T) 1.05 3 Minute Wonder: Viewing Figures. (R) (T) 1.15 FILM: River of No Return (1954). Adventure, starring Marilyn Monroe. (T) 2.55 Come Dine with Me. (R) (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: An Eye for an Eye. The effects of gangland revenge. (T) 8.00 Relocation, Relocation. A couple who wanted properties in Lancashire and Hull. (T) 9.00 Grand Designs Revisited. A couple who built a contemporary home near Peterborough. (T) 10.00 Ramsay's Kitchen Nightmares USA. The chef tries to change the fortunes of an Irish pub in the Hamptons, New York. The chances of the establishment becoming a success are being ruined by two feuding brothers. (T) 11.05 Shameless. (R) (T) 12.05 4Music: REM: Live at Dublin Point. (R) (T) 1.05 4Music: The Album Chart Show. (R) (T) 1.35 First Cut: The Triple Nipple Club. (R) (T) 2.05 The Fight for the Internet Twins. (R) (T) 3.05 3 Minute Wonder: I Am What I Spend. (R) (T) 3.10 Love and Money. (R) (T) 4.10 3 Minute Wonder: I Am What I Spend. (R) (T) 4.15 Richard & Judy. (R) 5.15 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (T) 6.25 Thomas & Friends. (R) (T) 6.35 Rupert Bear. (R) (T) 6.45 Animal Families. (R) (T) 7.00 Miss Spider's Sunny Patch Friends. (R) (T) 7.15 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.25 Little Lodgers. (R) (T) 7.30 The Mr Men Show. (T) 7.45 Roobarb and Custard Too. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.00 Funky Town. (R) (T) 8.05 Fit and the Flowerbuds. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Look! (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Bird Bath. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Build a New Life in the Country. (R) (T) 12.30 five news. (T) 12.45 Law & Order. (R) (T) 1.45 Neighbours. (R) (T) 2.15 Home and Away. (T) 2.45 Animal Rescue Squad. (T) 3.00 FILM: A Painted House (2003). Drama, starring Scott Glenn. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 It Pays to Watch. Cutting mortgage expenditure; (T) 7.30 five news update. (T) 8.00 Ice Road Truckers. A 17-truck convoy crosses the ice; (T) 8.00 five news at 9. 9.00 Extraordinary People: The Fastest Man On No Legs. Oscar Pistorius' fight to compete against able-bodied athletes. (T) 10.00 FILM: The Punisher (2004). A maverick FBI agent turns into a brutal vigilante after his family are murdered in a grudge attack engineered by a gangland kingpin. Comic-book thriller, starring Thomas Jane. (T) 12.20 Poker Den: The Big Game II. (T) 1.50 NHL Ice Hockey. 4.20 World Supercross Championship. 5.10 Neighbours. (R) (T) 5.35 House Doctor. (R) (T)

LOCAL

RTP1

0630 Bom dia Portugal 1000
Praça da Alegria 1300 News
1410 Prova de Amor 1515
Portugal em Coração 1800
Portugal em directo 1905 O
Preço Certo 2000 News 0030
Predator 2, film 0400 Telesales
0605 Nôs

RTP2

0700 euronews 0715 Zig Zag
1300 Discovery Hour 1400
Sociedade Civil 1530 Da Terra
ao Mar 1615 National
Geographic 1700 Zig Zag 1830
A Fé dos Homens 1900
Biosfera 1945 zig Zag 2045
Friends 2115 National
Geographic 2200 News 2240
The Nine 2330 Clube de
Imprensa 0030 Noites 0145
Discovery Hour 0245
Bastidores 03115 Biosfera
0400 Sociedade Civil 0500
Euronews

SIC

0700 Floribella 0830 Sic Kids
1100 Fatima 1300 News 1415
Desejo Proibido 1500 Eterna
Magia 1530 Contacto 1800
Sete Pecados 1900 A Ganhar
é que A Gente se Entende
2000 News 2045 Sporting V
Basileia 2215 Duas Caras 2330
Resitirê 0030 CSI Miami 0130
Rescue Me 0230 Quando o
telefone Toca

TVI

0700 Diário Da Manhã 1000
Vocé na TV 1300 News 1400
As Tardes da Júlia 1700 Que
Quer Ganhar 1800 Morangos
com Açúcar - Férias de Verão
2000 News 2115 Ilha dos
Amores 2215 Doce Fugitiva
2315 Tu e Eu 0015 Film TBA
0230 Toca a Ganhar 0345 TVI
Negócios 0400 O Portector IV
0500 Telesales

Best of the Rest

BBC3

7.00 Find Me the Face 8.00
Don't Tell the Bride 9.00
Freaky Eaters 9.50
Torchwood 10.40 Mrs In-
Between 11.35 Family Guy
11.55 Family Guy 12.20 Two
Pints of Lager and a Packet
of Crisps 12.50 Find Me the
Face 1.50 Mrs In-Between
2.45 Freaky Eaters 3.30 Don't
Tell the Bride 4.30 The Real
Hustle 4.45 Close

BBC4

7.00 World News Today 7.00
Weather 7.30 Pop Go the
Sixties 7.35 Batman 8.00
Monarchy: The Royal Family
at Work 9.00 The Worlds of
Fantasy 10.00 Masterpieces
of Vienna 10.30 The Late
Edition Live 11.00 Mark
Lawson Talks to Rabbi Lionel
Blue 12.00 The Worlds of
Fantasy 1.00 The Late Edition
1.30 Mark Lawson Talks to
Rabbi Lionel Blue 2.30 The
Worlds of Fantasy 3.30 The
Late Edition 4.00 Close

ITV2

1.00 Airline USA 1.30 The
Jeremy Kyle Show 2.35 The
Jeremy Kyle Show 3.45 Ricki
Lake 4.30 Sally Jessy
Raphael 5.20 The Montel
Williams Show 6.05 Judge
Judy 7.00 Smallville 8.00
Coleen's Real Women 9.00
Film: Twister PG (1996) 1.10
Film: Empire 15 (2002) 1.10
Coronation Street 1.35
Teleshopping 4.35 ITV2
Nightscreen 6.00 Close

Sky One

1.00 Cold Case 2.00 Las
Vegas 3.00 Stargate SG-1
4.00 Stargate SG-1 5.00 Are
You Smarter than a 10 Year
Old? 6.00 Futurama 6.30

Malcolm in the Middle 7.00
The Simpsons 7.30 The
Simpsons 8.00 The Simpsons
9.30 The Simpsons 9.00
Project Calwalk 10.00 Nothing
But the Truth 11.00 Law &
Order 12.00 Road Wars 1.00
Road Wars 1.50 Greece
Uncovered 2.45 Las Vegas
3.30 Rescue Me 4.20 Dream
Team 5.10 Guilty!

UKTV Gold

1.00 Last of the Summer Wine
1.40 Keeping Up Appearances
2.20 My Hero 3.00 dinnerladies
3.40 My Family 4.20 Keeping
Up Appearances 5.00 My Hero
5.40 dinnerladies 6.20 My
Family 7.00 New Tricks 8.00
Waterloo Road 9.00 Jekyll
10.15 Only Fools and Horses
11.35 Only Fools and Horses
12.15 I'm Alan Partridge 12.55
Jekyll 2.05 In Justice 2.50
Blessed 3.20 2point4 Children
3.50 As Time Goes By 4.20
The Bill 5.10 Neighbours 5.35
Neighbours

TCM

1.00 Live a Little, Love a
Little PG (1968) 3.00
Butterfield 8 PG (1960) 5.00
The Law and Jake Wade U
(1958) 7.15 Marlowe PG
(1969) 9.00 Cool Hand Luke
15 (1967) 11.15 Savage
Messiah 18 (1972) 1.05 Eye
of the Devil 15 (1967) 2.35
Teleshopping 2.55 Task Force
U (1949) 5.00 Uncertain Glory
PG (1944)

The Disney Channel

Kids' programmes from 7am

Visit the paper
online
www.the-news.net

MOVIES

Sky Movies Drama

7.05 Desperate Rescue 12 (1992)
8.50 Between Love and Honor
PG (1995) 10.35 Starman PG
(1984) 12.40 The Starter Wife
2.25 Desperate Rescue 12 (1992)
With Mariel Hemingway. 4.12
Starman PG (1984) With Jeff
Bridges. 6.15 The Starter Wife
8.00 Midnight in the Garden of
Good and Evil 15 (1997) With
John Cusack. 10.40 Pacific
Heights 15 (1990) With Michael
Keaton. 12.30 If Only 15 (2004)
With Jennifer Love Hewitt. 2.15
Sybil 12 (2007) With Jessica
Lange. 3.50 Swindle 15 (2002)
5.30 Between Love and Honor
PG (1995)

Sky Movies Comedy

6.30 Two Much PG (1996) 8.35
Bad Girls from Valley High 12
(2005) 10.05 Princess Caraboo
PG (1994) 11.50 Addicted to
Love 15 (1997) With Meg Ryan.
1.40 10 Things I Hate About You
12 (1999) With Heath Ledger.
3.25 Harold & Kumar Get the
Munchies 15 (2005) With John
Cho. 5.00 Bad Girls from Valley
High 12 (2005) With Julie Benz.
6.30 Stopl Or My Mom Will Shoot
PG (1992) With Sylvester

(R)-repeat programme;

(T)-programme with teletext subtitles;

(S)-programme broadcast in stereo;

(bw)-black and white.

Sky Movies Action

Stallone. 8.00 10 Things I Hate
About You 12 (1999) With Heath
Ledger. 9.45 Harold & Kumar
Get the Munchies 15 (2005)
With John Cho. 11.15 Rumor
Has It 12 (2005) With Jennifer
Aniston. 12.55 Underfunded 12
(2006) With Mather Zickel. 2.25
How To Be a Player 18 (1997)
With Bill Bellamy. 4.00 Two Much
PG (1996)

Sky Movies Action

6.30 Volcano: Fire on the
Mountain PG (1997) 8.05 Eddie
Macon's Run 15 (1983) 9.45
Walker, Texas Ranger: Trial by
Fire (2005) 11.20 Night Falls on
Manhattan 15 (1997) With Andy
Garcia. 1.20 Miami Vice 15
(2006) With Colin Farrell. 3.35
Eddie Macon's Run 15 (1983)
With John Schneider. 5.10
Walker, Texas Ranger: Trial by
Fire (2005) With Chuck Norris.
6.45 Miami Vice 15 (2006) With
Colin Farrell. 9.00 Next of Kin 15
(1989) With Patrick Swayze.
10.50 Lucky Number Slevin 18
(2006) With Josh Hartnett. 12.45
Alien Resurrection 18 (1997)
With Sigourney Weaver. 2.40
Silent Rage 18 (1982) With
Chuck Norris. 4.25 Volcano:
Fire on the Mountain PG (1997)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The
Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30
Loose Women. (T) 1.30 ITV Lunchtime News. (T)
2.00 Dickinson's Real Deal. (R) (T) 2.30 The Alan
Titchmarsh Show. (T) 3.30 The Royal Today. (T)
3.59 London Weather. (T) 4.00 Rosemary & Thyme.
(R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show
in which four contestants enter a game of
truth and bluff to find the jackpot hidden
inside one of a set of golden balls. The two
surviving players face the choice of splitting
the cash prize or trying to steal it all. (T)
London Tonight; Weather. (T)

6.00 ITV Evening News; Weather. (T)
7.00 Emmerdale. Eric is shocked when Rosalind
receives pictures of them kissing, accompa-
nied by a note demanding #5,000. In a
desperate bid to keep the truth from Val, the
councillor decides to use the Kings' money
to pay off the blackmailers. Hilary organises
Daniel's funeral and Sam worries about
his son. (T)

7.30 Coronation Street. Steve expresses disap-
proval of Michelle's pandering to Alex, and
Jack grows suspicious of Paul, while Tina
worries about having to wait for an appoint-
ment at the clinic. (T)

8.00 The Bill. Following an armed robbery on an
antiques shop, Jack agrees to go under-
cover to nail the dealer responsible for
selling the goods - a rogue called Roy
Summers, who killed a police officer some
years ago and walked free from court on a
technicality. The sting goes wrong when
Jack loses touch with his back-up team and
faces a stern test of his expertise in bric-a-
brac. Michael N Harbour guest stars. (T)

9.00 Rock Rivals. New series. Drama set behind
the scenes of a top-rated TV talent show,
starring Sean Gallagher and Michelle Collins
as Malcolm and Karina Faith, husband-and-
wife mentors whose marital difficulties erupt
into open warfare. Caught in the crossfire,
the unfortunate contestants find themselves
fighting a battle of the sexes by proxy. With
Holly Quin-Ankrah, Alison Newman and
Sophia Dwanay. (T)

10.00 News at Ten and Weather; Weather. (T)
10.35 Dexter. The Ice Truck Killer strikes again,
leaving a macabre piece of evidence for
Debra to find. Meanwhile, Batista and Doakes
investigate the murder of an undercover
detective. (T)

11.45 Soundtrack to My Life. Singer Craig David
tells Cat Deeley about his life in music and
reveals his favourite recordings.

12.10 Nightwatch with Steve Scott: Crime; (R) (T)
ITV News Headlines. 1.15 Loose Women. (R) (T)
2.45 The Jeremy Kyle Show. (R) (T) 3.40 ITV
Nightscreen.

SPORT

Sky Sports 1

6.00 Revista De La Liga 7.00
Test Cricket 9.00 Revista De La
Liga 10.00 Sky Cricket Classic
10.30 Test Cricket 12.30 Revista
De La Liga 1.30 Sky Cricket
Classic 2.00 Test Cricket 4.00
Sky Cricket Classic 4.30
Revista De La Liga 5.30 Test
Cricket 7.30 Soccer Special
9.00 Live Test Cricket. New
Zealand v England. 5.00 Sky
Cricket Classic 5.30 FIFA Futbol
Mundial

Sky Sports 2

6.00 Good Morning Sports Fans
9.00 Snow Adventures 9.30 Wild
Spirits 10.00 Pool 11.00 Bass
Fishing 12.00 Sports Unlimited
1.00 UEFA Champions League
1.30 UEFA Champions League
2.00 UEFA Champions League
2.30 UEFA Champions League
3.00 UEFA Champions League
3.30 UEFA Champions League
4.00 UEFA Champions League
4.30 UEFA Champions League
5.00 Boots 'n' All 6.00 Live
UEFA Champions League.
Chelsea v Olympiakos (Kick-
off 7.45pm). 10.30 Football
Special 11.30 NFL: Total Access
12.30 Football Special 1.30
Poker 3.30 World Motor Sport

Sky Sports 3

6.00 Aerobics Oz Style 6.30
Snow Adventures 7.00 WWE:
Heat 8.00 Sports Unlimited 9.00
Poker 11.00 Racing News 11.30
Aerobics Oz Style 12.00 Snow
Adventures 12.30 Wild Spirits
1.00 NFL: Total Access 2.00
Snow Adventures 2.30 Wild
Spirits 3.00 Sports Unlimited
4.00 Pool 5.00 WWE: Bottom

Line 6.00 WWE: Afterburn 7.00
European Tour Weekly 7.30 Live
UEFA Champions League. Real
Madrid v AS Roma (Kick-off
7.45pm). 10.00 Boots 'n' All
11.00 Watersports World 12.00
European Tour Weekly 12.30
Total Rugby 1.00 Boots 'n' All
2.00 Transworld Sport 3.00
Sports Unlimited 4.00 Close

British Eurosport

7.30 World Touring Car
Championship 8.00 WATTS 8.30
Ski Jumping 10.00 Live ATP
Tennis. The Dubai Tennis
Championships. 1.30 Ski
Jumping 2.00 Live Cross-
Country Skiing. The World Cup
meeting in Drammen. 3.30 Live
ATP Tennis. The Dubai Tennis
Championships. 5.00 Eurogoals
5.15 Live ATP Tennis. The Dubai
Tennis Championships. 6.30
ATP Tennis 7.45 Eurogoals 8.00
Wednesday Selection 8.05
Riders Club 8.10 US Tour Golf
9.10 European Tour Golf 9.40
Golf Club 9.45 Sailing 10.15
Yacht Club 10.20 Sailing 10.25
Wednesday Selection 10.30
Olympic Magazine 11.00 UEFA
Cup Football 12.00 Cross-
Country Skiing 12.30 Close

Sky Sports Xtra

4.00 Snow Adventures 4.30
Aerobics Oz Style 5.00 NFL:
Total Access 6.00 Total Rugby:
6.30 FIFA Futbol Mundial 7.00
Transworld Sport 8.00 Boots 'n'
All 9.00 Ten Pin Bowling 10.00
Transworld Sport 11.00 Snow
Adventures 11.30 FIFA Futbol
Mundial 12.00 Ten Pin Bowling
1.00 Snow Adventures 1.30
Snow Adventures 2.30 Wild
Spirits 3.00 Ten Pin Bowling
4.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 Animal 24/7. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Cash in the Attic; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Mister Maker. (R) (T) 3.25 Take a Bow. (R) (T) 3.30 CBBC: Raven. (R) (T) 3.55 Thumb Wrestling Federation: TWF. (R) (T) 4.05 Best of Friends. (T) 4.35 The Smokehouse. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Members of the public answer general knowledge questions against the clock, hoping to build a stack of cash and avoid being voted off. Anne Robinson presents. (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 The ONE Show. (T)

7.30 EastEnders. Tanya struggles to keep the two men in her life apart, and Shirley's behaviour becomes more worrying as she continues to drown her sorrows. Stacey receives positive comments from the college but is left facing a dilemma, while Bradley uses all his powers of persuasion after his interview starts badly; (T) BBC News; Regional News. (T)

8.00 Waterloo Road. Davina faces a potentially life-changing decision when she must choose between two men and Steph is devastated when her language lab funding falls through - but goes into full seduction mode to win the money back. Christine Tremarco and Denise Welch star. (T)

9.00 Ashes to Ashes. The team set out to prevent a gangster's firearms deal, an act which Alex believes will prevent her being shot in 2008. To obtain evidence, they have to bring the suspect's boyfriend on side, taking him to a gay club where he can see his lover is not the man he thinks he is. Ray is forced to use all his macho charm to seduce the villain in front of witnesses. Drama starring Philip Glenister and Keeley Hawes. (T)

10.00 BBC News at Ten O'Clock. (T)

10.25 Regional News; Weather. (T)

11.35 Question Time. (T)

11.35 This Week; (T) Skiing Weather.

12.25 Sign Zone: Panorama. (R) (T) 12.55 Sign Zone: Edwardians in Colour: The Wonderful World of Albert Kahn. (R) (T) 1.25 Sign Zone: Lark Rise to Candleford. (R) (T) 2.25 Sign Zone: Elephant Diaries. (R) (T) 2.55 BBC News 24. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Time Warp Trio. (R) (T) 7.25 Newsround; (T) The Owl. (T) 7.30 Brain-Jitsu. (T) 8.30 CBeebies: LazyTown. (R) (T) 8.55 Take a Bow. (R) (T) 9.00 Charlie and Lola. (R) (T) 9.15 The Pingu Show. (R) 9.30 Get Squiggling. (T) 9.45 Something Special. (R) (T) 10.05 Me Too! (R) (T) 10.25 Fun with Phonics. (R) (T) 10.30 Schools: The Chat Room. (T) 10.50 English Express. (T) 11.10 Coming to England. (T) 11.30 See You, See Me. (T) 11.50 Henry's Wives with Terry Deary. (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Open Gardens. (R) (T) 1.30 Murder Most Famous. (R) 2.15 Don't Get Done, Get Dom. (R) (T) 3.00 Escape to the Country. (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Recipe for Success. (T) 6.00 Eggheads. (T) 6.30 Brainbox Challenge. (T) 7.00 Torchwood: Owen believes he needs absolution. (T) 7.50 Torchwood Declassified. The challenges faced in "playing dead". (T) 8.00 Crufts 2008. Coverage from day one of the event. Continues tomorrow. (T) 9.00 That Mitchell and Webb Look. A farmer tries to teach his horse French. (T) 9.30 The Catherine Tate Show. Mouthy schoolgirl Lauren visits the gym. (R) (T) 10.00 Empty. The pair piece together the mysteries of an abandoned flat. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 Ideal. (T) 11.50 Tropic of Capricorn. (R) (T) 12.50 BBC News 24. (T) 2.00 BBC Learning Zone. (T)

Pick of the Day

The Sopranos (C4, 11.35pm)

After being shot by the now-senile Uncle Junior at the start of this series, Tony had something of an epiphany, which led to the crime boss briefly trying to mend his wicked ways. Needless to say, the goody-two-shoes routine didn't last long and before you could say 'Eforget about it!', Tony was up to his old tricks - killing, racketeering and blackmailing in a manner that would impress Don Corleone and the rest of the Godfather mob. In tonight's episode, Tony's love for gambling gets the better of him for the umpteenth time. Not content with losing his own fortune, the mobster tries to convince his wife Carmela to stake her property profits on his beloved New York Jets American football team. Meanwhile, Marie asks Tony and Phil to help when she reaches the end of her tether with her son Vito Jr, who is rebelling to deal with the loss of his father. A skint Tony offers to pay for the troubled teen to go on a wilderness therapy program but balks when Marie asks him for \$100,000 to relocate. James Gandolfini, Edie Falco and Robert Iler star

C4

6.00 Cubeez. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Gay to Z; (R) (T) 3 Minute Wonder. 10.00 My Big Gay Prom; (R) (T) Burning Questions/3 Minute Wonder. 11.00 Teen Taboos; (R) (T) 3 Minute Wonder. (R) (T) 11.30 My Crazy Life; (R) (T) 3 Minute Wonder. 12.00 News at Noon. (R) (T) 1.00 FILM: The Black Shield of Falworth (1954). Swashbuckling adventure, starring Tony Curtis. (T) 2.55 Come Dine with Me. (R) (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: An Eye for an Eye. The effects of gangland revenge. Last in series. (T) 8.00 Jamie at Home. Jamie Oliver focuses on cooking potato dishes. (R) (T) 8.30 Jamie at Home. Dishes containing onions, garlic and leeks. (R) (T) 9.00 Phone Rage. Inside the world of the modern call centre. (T) 10.00 The Big Bang Theory. When Sheldon loses his job he explores new activities in a bid to find a purpose in life other than physics, but Leonard takes drastic action to restore his friend to his old self. (T) 10.30 Skins. (T) 11.35 The Sopranos. (T) 12.40 The Anatomists. (R) (T) 1.35 FILM: Deterrence (1999). Thriller, starring Kevin Pollak. (T) 2.35 Transworld Sport. (R) (T) 4.25 Richard & Judy. (R) 5.25 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (T) 6.25 Thomas & Friends. (R) (T) 6.35 Rupert Bear. (R) (T) 6.45 Animal Families. (R) (T) 7.00 Miss Spider's Sunny Patch Friends. (R) (T) 7.15 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.25 Little Lodgers. (R) (T) 7.30 The Mr Men Show. (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerbuds. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Bird Bath. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Build a New Life in the Country: Was It Worth It? (R) (T) 12.30 five news. (T) 12.45 Law & Order. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.45 Animal Rescue Squad. (T) 3.05 FILM: Columbo: Butterfly in Shades of Grey (1993). Crime drama, starring Peter Falk. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 Rough Guide to Luxury Destinations. With Julia Bradbury and Toby Amies; (T) 7.30 five news update. 8.00 Build a New Life in the Country - Was It Worth It? George Clarke revisits a couple on the Pembrokeshire coast; (T) 8.00 five news update. 9.00 Britain's Funniest Comedy Characters. Countdown of favourite TV creations chosen by members of the public, from classic characters like Basil Fawlty to more modern choices including David Brent. (R) (T) 12.05 Quiz Call. (T) 4.00 Football Argentina. 4.40 Dutch Football. 5.10 Neighbours. (R) (T) 5.35 House Doctor. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Dickinson's Real Deal. (R) (T) 2.30 The Alan Titchmarsh Show. (T) 3.30 The Royal Today. (T) 3.59 London Weather. (T) 4.00 Rosemary & Thyme. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the game show based on life-changing amounts of cash hidden inside golden balls. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale: Ashes to Ashes. Laurel and Ashley struggle to cope at Daniel's funeral, with Hilary bearing the brunt of her daughter's anger later at the Woolpack when she is blamed for her grandson's death. Charlie returns to Butler's Farm and tells Jo he's sticking around, while Pearl comforts Doug - and sets tongues wagging. (T)

8.00 The Bill. A woman reports seeing a body being thrown into the river and a search recovers the remains of a hospital doctor recently exonerated from charges of professional negligence after losing a patient on the operating table. Crime Scene Examiner Eddie Olofinde discovers that the man had been suffering from MS and had argued with a colleague about concealing his plight from the General Medical Council. (T)

9.00 Trial & Retribution. Part two of two. The diary's authenticity is called into question when prime suspect Ronnie Reid refutes the evidence it provides and is backed up by the victim's mother. With no evidence to charge him, the man is released but the discovery of CCTV footage forces Walker into a race against time to solve the case before the truth is taken to the grave. Guest starring Kerry Fox and Judy Love. (T)

10.00 News at Ten and Weather; Weather. (T)

10.35 Moving Wallpaper. Nancy thinks the writers are too old and urges Jonathan to fire one of them, while Carl develops a morbid obsession with death. Comedy spin-off from Echo Beach, starring Ben Miller. (R) (T)

11.05 Echo Beach. Dan anxiously awaits the results of the paternity test and Angela urges Mark to be honest with Susan about their affair. Soap, starring Jason Donovan and Martine McCutcheon. (R) (T)

11.35 Grimebusters. Yarno and his team set to work tidying up after the London Marathon, while Nick is called upon to help remove a corpse that has lain undiscovered for some time. (R) (T)

12.05 Nightwatch with Steve Scott: Emergency; (R) (T) ITV News Headlines. 1.50 Loose Women. (R) (T) 2.40 The Jeremy Kyle Show. (R) (T) 3.30 ITV Nightscreen.

LOCAL

RTP1

0630 Bom Dia Portugal 1000
Praça da Alegria 1300 News
1410 Prova de Amor 1515
Portugal no Coração 1800
Portugal em Direção 1855 O
Preço Certo 2000 News
2330 In the Mouth Of
Madness, film 0415
TeleSales 0605 Nós

RTP2

0700 Euronews 0715 Zig Zag
1300 Discovery Hour 1400
Sociedade Civil 1530 Da Terra
Ao Mar 1600 National
Geographic 1715 Zig Zag 1830
A Fé dos Homens 1900
Iniciativa 1945 Zig Zag 2045
Freinds 2115 National
Geographic 2200 News 2240
Sobrenatural 2330 Balança &
Contas 0030 Noticias 2 0115
Universidades 0145 Discovery
Hour 0245 Iniciativa 0330 Liga
dos Ultimeiros 0400 Sociedade
Civil 0530 Euronews

SIC

0700 Floribella 0830 Sic
Kids 1100 Fatima 1300
News 1415 Eterna Magi
1445 O Profeta 1515
Contacto 1600 Film TBA
1800 Film TBA 2000 News
2215 Paraíso Tropical 2315
Vingança 0015 CSI News
0215 Film TBA

TVI

0700 Diário Da Manhã 1000
Vocé na TV 1300 News 1400
Tarde de Julia 1700 Quem
Quer Ganhar 1800 Morangos
Com Açúcar 2115 Ilha dos
Amores 2215 Dose Fugitiva
2330 Tu e Eu 0100 Escritório
0200 Cartaz das Artes 0230
Toca a Ganhar 0345 TVI
Negocios 0400 Protector IV
0445 TeleSales

Best of the Rest

BBC3

7.00 Spendaholics 8.00
Freaky Eaters 9.00 Dawn
Gets Her Man 10.00
EastEnders 10.30 Bizarre ER
11.00 The Real Hustle Las
Vegas 11.30 Family Guy
11.55 Family Guy 12.15 Dawn
Gets Her Man 1.15 Bizarre
ER 1.45 The Real Hustle Las
Vegas 2.15 Freaky Eaters
3.15 Spendaholics 4.15 Dog
Borstal 4.35 The Real Hustle
4.50 Close

BBC4

7.00 World News Today 7.00
Weather 7.30 Masterpieces
of the East 8.00 Michael
Wood: The Story of India
9.00 A Year in Tibet 10.00
Ashes to Ashes 11.00 Mad
Men 11.50 Selling the 60s -
How Madison Avenue
Dreamed a Decade 12.50 A
Year in Tibet 1.50 Range
Inside Iran 3.20 A Year in
Tibet 4.20 Close

ITV2

1.00 Airline USA 1.30 The
Jeremy Kyle Show 2.35 The
Jeremy Kyle Show 3.45 Ricki
Lake 4.30 Sally Jessy
Raphael 5.20 The Montel
Williams Show 6.05 Judge
Judy 7.00 Smallville 8.00
American Idol 9.00 Coleen's
Real Women 10.00
Supernatural 11.00
Entourage 11.35 The Office:
An American Workplace
12.00 Coleen's Real Women
1.00 Entourage 1.30 The
Office: An American
Workplace 2.00
Teleshopping 5.00 ITV2
Nightscreen 6.00 Close

Sky One

1.00 Cold Case 2.00 Las
Vegas 3.00 Stargate SG-1

4.00 Stargate SG-1 5.00 Are
You Smarter Than a 10 Year
Old? 6.00 Futurama 6.30
Malcolm in the Middle 7.00
The Simpsons 7.30 The
Simpsons 8.00 The Simpsons
8.30 The Simpsons 9.00
Bones 10.00 Cold Case
11.00 Night Cops 12.00 Road
Wars 1.00 Road Wars 1.50
Greece Uncovered 2.40 Las
Vegas 3.30 Rescue Me 4.20
Dream Team 5.10 Guilty!

UKTV Gold

1.00 Last of the Summer
Wine 1.40 Keeping Up
Appearances 2.20 My Hero
3.00 dinnerladies 3.40 My
Family 4.20 Keeping Up
Appearances 5.00 My Hero
5.40 dinnerladies 6.20 My
Family 7.00 Only Fools and
Horses 7.40 Only Fools and
Horses 9.00 When Were We
Funniest? 11.00 Morecambe
and Wise - The Greatest
Moment 12.35 When Were
We Funniest? 2.25 Friday
Night with Jonathan Ross
3.20 2point4 Children 3.55
As Time Goes By 4.25 The
Bill 5.15 Neighbours 5.35
Neighbours

TCM

1.00 Martin Chuzzlewit 3.00
The Doctor's Dilemma U
(1958) 4.45 Moonlight PG
(1955) 6.15 The Comedians
PG (1967) 9.00 Bonnie and
Clyde 18 (1967) 11.00 The
Outfit 15 (1973) 12.50
Children of the Damned 15
(1964) 2.20 Teleshopping
2.35 Yankee Doodle Dandy
U (1942) 5.00 Objective,
Burlap PG (1945)

The Disney Channel

Kids' programmes from 7am,
except:

MOVIES

Sky Movies Drama

7.05 Digdigy's Treasure PG
(2001) 8.10 Victim of Love PG
(1993) 10.30 Saving Milly PG
(2005) 12.05 The Starter Wife
1.40 Falsely Accused PG
(1993) With Lisa Hartman
Black. 3.20 Victim of Love PG
(1993) With Dwight Schultz.
5.00 Saving Milly PG (2005)
With Bruce Greenwood. 6.30
The Starter Wife 8.00 The
Pelican Brief 15 (1993) With
Julia Roberts. 10.30 Nixon 15
(1995) With Anthony Hopkins.
1.40 The Edge 15 (1997) With
Anthony Hopkins. 3.40 Marilyn
Hotchkiss Ballroom Dancing
and Charm School 12 (2005)
5.30 Falsely Accused PG
(1993)

Sky Movies Comedy

6.05 Racing Ace PG (2005)
7.45 In & Out 12 (1997) 9.25
You've Got Mail PG (1998)
11.30 Racing Ace PG (2005)
With Greg Germann. 1.10
Scary Movie 4 15 (2006) With
Anna Faris. 2.40 Tenacious D
in The Pick of Destiny 15
(2006) With
Jack Black.

4.20 In &
Out 12
(1997) With
Kevin Kline.
6.00 You've
Got Mail PG
(1998) With
Tom Hanks.
8.00 Scary
Movie 4 15
(2006) With
Anna Faris.
9.9. 3.0
Premiere

Close Up 10.00 Tenacious D
in The Pick of Destiny 15
(2006) With Jack Black. 11.40
Bull Durham 15 (1988) With
Kevin Costner. 1.30 Shopgirl
15 (2005) With Claire Danes.
3.20 Love at First Bite 15
(1979) 5.00 People Will Talk
PG (1951)

Sky Movies Action

6.00 Angel Flight Down PG
(1996) 7.45 Lone Wolf
McQuade 18 (1983) 9.45 Snake
Eyes 15 (1998) 11.40 The
Presidio 15 (1988) With Sean
Connery. 1.30 Magic Kid PG
(1994) With Stephen Furst.
3.15 Lone Wolf McQuade 18
(1983) With Chuck Norris. 5.15
Snake Eyes 15 (1998) With
Nicolas Cage. 7.10 The
Presidio 15 (1988) With Sean
Connery. 9.00 187 15 (1997)
With Samuel L Jackson. 11.00
Man-Thing 15 (2005) With
Matthew Le Nevez. 12.40 Stay
18 (2005) With Ewan
McGregor. 2.25 City of
Industry 18 (1997) With Harvey
Keitel. 4.15 Angel Flight Down
PG (1996)

SPORT

Sky Sports 1

6.00 Football Special 7.00
Test Cricket 9.00 Football
Special 10.00 FIFA Futbol
Mundial 10.30 Test Cricket
12.30 Football Special 1.30
FIFA Futbol Mundial 2.00 Test
Cricket 4.00 FIFA Futbol
Mundial 4.30 Boots 'n' All
5.30 Test Cricket 7.30 Premier
League World 8.00 Football
League Awards 9.00 Live
Test Cricket. New Zealand v
England. 5.00 Sky Cricket
Classic 5.30 Snow
Adventures

Sky Sports 2

6.00 Aerobics Oz Style 6.30
European Tour Weekly 7.00
Live European Tour Golf. The
Malaysian Open. 10.00 Snow
Adventures 10.30 Total
Rugby 11.00 Boots 'n' All
12.00 European Tour Golf
3.00 Live Winning Post
Special. The Dubai
International Racing Carnival.
7.00 The Dogs 7.30 Live
Premier League Darts. Round
six from Nottingham Ice
Arena. 11.00 Premier League
World 11.30 Football League
Awards 12.30 Golf Night 2.30
The Rugby Club 4.00 Football
League Awards 5.00 Race
World

Sky Sports 3

6.00 Good Morning Sports
Fans 9.00 Transworld Sport
10.00 Ten Pin Bowling 11.00
Racing News 11.30 Aerobics
Oz Style 12.00 Watersports
World 1.00 NFL: Total Access
2.00 Snow Adventures 2.30
Watersports World 3.30 NFL:

Total Access 4.30 WWE: Heat
5.30 ATP Tennis 6.00 The
Rugby Club 7.30 Live Rugby
League. Oxford University v
Cambridge University (Kick-
off 7.35pm). 9.30 WWE: Late
Night - Raw 11.30 Extreme
Championship Wrestling
12.30 Race World 1.30
Premier League Darts 5.00
Close

British Eurosport

7.30 World Rally
Championship 8.30 Cross-
Country Skiing 9.30 Live
Biathlon. World Cup coverage
from Khanty-Mansiysk. 11.00
Live ATP Tennis. The Dubai
Tennis Championships. 12.00
Live Biathlon. World Cup
coverage from Khanty-
Mansiysk. 1.30 Biathlon 2.30
ATP Tennis 3.00 Live ATP
Tennis. The Dubai Tennis
Championships. 6.30 ATP
Tennis 7.30 Ski Jumping 8.00
Boxing 10.00 UEFA Cup
Football 11.00 UEFA
Champions League 12.45
Close

Sky Sports Xtra

6.30 Snow Adventures 7.00
WWE: Experience 8.00
Watersports World 9.00 Poker
11.00 Max Power 12.00 FIFA
Futbol Mundial 12.30 Ten Pin
Bowling 1.30 Total Rugby 2.00
Transworld Sport 3.00 Max
Power 4.00 Snow Adventures
4.30 Aerobics Oz Style 5.00
Netball 7.00 Snow Adventures
7.30 Golf Night 9.30 The
Rugby Club 11.00 Netball 1.00
NFL: Total Access 2.00 The
Dogs 2.30 Rugby League 4.30
Snow Adventures 5.00 ATP
Tennis 5.30 Close

IMMEDIACY!
What could it do
for your
business?

An advert in the TV guide is a very powerful tool. It will be read by thousands of potential clients with high spending power. How can we be so sure? Have you seen the price of a reasonable satellite system to receive the above programmes? These are people you want to talk to, to tell them what you have to offer. But these are special adverts, they have high exposure for one day. Use them properly for really powerful results... A special offer for the next day, a discount if you eat at your restaurant that evening, an event that follows within a day or two.

Call these adverts time bombs - you can plan them to go off on a particular day of the week. That's powerful advertising, which is what you expect from The Portugal News. Call Bella on 707 500 677 for information and suggestions on how you could use these spots to create extra business for you!

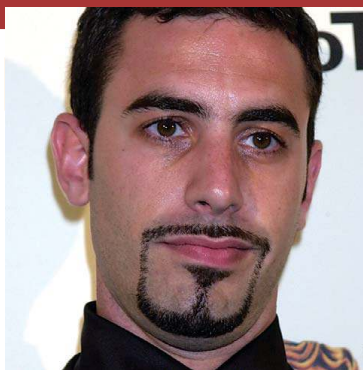
BBC1

6.00 Breakfast. (T) 9.15 Animal 24:7. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Cash in the Attic; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Mister Maker. (R) (T) 3.25 Take a Bow. (R) (T) 3.30 CBBC: Basil's Game Show. (T) 3.55 The Cramp Twins. (R) (T) 4.10 Freefonix. (T) 4.35 The Smokehouse. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson hosts the general knowledge quiz. (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 Inside Out. (T)
8.00 EastEnders. Heather's attempts to rally Shirley prompt embarrassing behaviour and end in disaster. Jack's suspicions are roused when Tanya tells him the conditions she's set for Max, but the errant husband assures his brother he won't be taken in. A naive Bradley is unaware that Clare has set her sights on him. (T)

8.30 A Question of Sport. Former England cricket captain Graham Gooch, 1996 London Marathon winner Liz McColgan, ex-Wales rugby union international Scott Quinnell and 1985 snooker world champion Dennis Taylor join team captains Matt Dawson and Phil Tufnell for another round of the quickfire quiz. Presented by Sue Barker. (T)
9.00 New Tricks. The team investigate claims that celebrity chat Kitty Campbell murdered her husband Bertie during the 1960s. A former assistant of the couple claims Bertie was gay, and that she killed him for fear of a scandal wrecking her career. Halford thinks they are being taken for a ride, but Lane's wife spots a vital clue in one of Kitty's old shows. Honor Blackman and Stephen Tompkinson guest star. (R) (T)

10.00 BBC News at Ten O'Clock. (T)
10.25 Regional News; Weather. (T)
10.35 Friday Night with Jonathan Ross. Gary Lineker talks about this year's Sport Relief. Actress Michelle Ryan discusses her role in Bionic Woman and French chef Jean-Christophe Novelli chats about his latest book. (T)
11.35 The National Lottery EuroMillions Draw. Tim Vincent presents the National Lottery EuroMillions weekly draw. (T)
11.40 Damages. (R) (T)
12.25 FILM: Critical Assignment (2004). Thriller, starring Cleveland Mitchell; (T) Weatherview. (T)
2.15 Sign Zone: Horizon. (R) (T) 3.05 Sign Zone: The Choir Revisited. (R) (T) 4.05 Sign Zone: Wanted Down Under Revisited. (R) (T) 4.50 BBC News 24. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Time Warp Trio. (R) (T) 7.25 Newsround; (T) The Owl. (T) 7.30 Brain-Jitsu. (T) 8.30 CBeebies: LazyTown. (R) (T) 8.55 Take a Bow. (R) (T) 9.00 Charlie and Lola. (R) (T) 9.15 The Pingu Show. (R) 9.30 Get Squiggling. (T) 9.45 Something Special. (R) (T) 10.05 Me Too! (R) (T) 10.25 Fun with Phonics. (R) (T) 10.30 Schools: See You, See Me. (T) 10.50 Primary History. (T) 11.10 English Express. (T) 11.30 Pod's Mission. (T) 11.45 Something Special. (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.30 Murder Most Famous. (T) 2.15 Don't Get Done, Get Dom. (R) (T) 3.00 Escape to the Country. (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Recipe for Success. (T) 6.00 Eggheads. (T) 6.30 Brainbox Challenge. (T) 7.00 E-mail Is Ruining My Life. Digital communication in the workplace. (T) 7.30 Live Athletics. The World Indoor Championships. The opening day of the biennial event continues with coverage from Luis Puig Palace in Valencia, where the 60m finals are the highlight of the night. Coverage continues on the interactive service. (T) 8.00 Crufts 2008. Coverage of day two of the event. (T) 9.00 Last Orders. The decline in popularity of Bradford's working men's clubs. (T) 10.30 Newsnight. (T) 11.00 Newsnight Review; (T) Weather. (T) 11.35 Later with Jools Holland. (T) 12.35 FILM: Doomwatch (1972). Sci-fi thriller, starring Ian Bannen. (T) 2.05 Star Trek: The Next Generation. (R) (T) 2.50 Star Trek: The Next Generation. (R) (T) 3.35 BBC News 24. (T) 4.50 Close.

Pick of the Day

Sacha Baron Cohen: New Hero of Comedy (C4, 9pm)

A decade ago, Channel 4 series The 11 O'Clock Show helped launch the careers of two comedy giants. Aside from pushing Ricky Gervais into the spotlight, it also gave Sacha Baron Cohen his big break. Track-suited character Ali G soon landed his own series and film, and although reporter Borat was initially a lesser character, his own big-screen offering turned out to be a phenomenal success, costing just \$18million to make and grossing more than \$260million worldwide. Needless to say, Baron Cohen is now one of the hottest showbiz properties in the world, with A-list directors such as Tim Burton snapping him up for blockbuster such as Sweeney Todd: The Demon Barber of Fleet Street. The star is also hoping he can repeat Borat's success with Bruno, an upcoming movie about his flamboyant Austrian fashionista, and next year's comedy Dinner For Schmucks. This show looks back on his early days on The 11 O'Clock Show, through to his international success in Hollywood. It also spotlights his inclusion in Time Magazine's list of 100 People Who Shape Our World.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Gay to Z; (R) (T) 3 Minute Wonder. (R) (T) 10.00 Mum's Gone Gay. (R) (T) 10.35 How to Dump Your Mates. (R) (T) 11.00 Teen Taboos; (R) (T) 3 Minute Wonder. (R) (T) 11.30 My Crazy Life; (R) (T) 3 Minute Wonder. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in Slovakia. (R) (T) 1.00 Eating for Britain. (R) (T) 1.15 FILM: Sign of the Pagan (1954). Historical drama, starring Jack Palance. (T) 2.55 Come Dine with Me. (R) (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.35 Unreported World. Ramita Navai and Andy Wells visit Bangladesh to get a first-hand view on the impact of climate change, a country where 10 million have been made homeless by recent flooding. (T) 8.00 A Place in the Sun: Home or Away. The Lunigiana region of Italy or east Sussex. (T) 9.00 Sacha Baron Cohen: New Hero of Comedy. The life and career of the Borat star. Last in series. (T) 10.00 Alan Carr's Celebrity Ding Dong. With Lorraine Kelly and Trisha Goddard. Last in series. (T) 10.50 The Law of the Playground. (T) 11.25 The Big Bang Theory. (R) (T) 11.50 TV Heaven, Telly Hell. (R) (T) 12.25 A Music: The Album Chart Show. (T) 1.00 A Music: JD Set Presents the Wombats. (T) 1.15 A Music: Beat Stevie. 1.25 A Music: 4Play: Simian Mobile Disco. (T) 1.40 Gaoissimo. 2.35 World Cup Snowboard. 4.25 Richard & Judy. (R) 5.25 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (T) 6.25 Thomas & Friends. (R) (T) 6.35 Rupert Bear. (R) (T) 6.45 Animal Families. (R) (T) 7.00 Miss Spider's Sunny Patch Friends. (R) (T) 7.15 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.30 The Mr Men Show. (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerbuds. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (T) 8.50 Bird Bath. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Build a New Life in the Country - Was It Worth It? (R) (T) 12.30 five news. (T) 12.45 Law & Order. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.45 Animal Rescue Squad. (T) 3.00 FILM: Greenmail (2002). Thriller, starring Stephen Baldwin. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 Massive Speed. Chris Barrie examines a range of fighting ships; (T) 7.30 five news update. 8.00 Ice Road Truckers. The end of the trucking season looms; (T) 8.00 five news at 9. 9.00 NCIS. The agents go after an arms dealer in possession of the Navy's encrypted satellite system who is offering to sell it to the highest bidder. Guest starring Armand Assante. (T) 10.00 Law & Order: Special Victims Unit. A rape victim attempts suicide. (R) (T) 11.00 Law & Order: Criminal Intent. (R) (T) 12.00 Quiz Call. 5.10 Neighbours. (R) (T) 5.35 House Doctor. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Dickinson's Real Deal. (R) (T) 2.30 The Alan Titchmarsh Show. (T) 3.30 The Royal Today. (T) 3.59 London Weather. (T) 4.00 Rosemary & Thyme. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the game show based on life-changing amounts of cash hidden inside golden balls. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Jake urges Jo to call the police when Charlie decides to move in - but it leads to another vicious attack. Edna learns Lily has returned and Sam tries to reconnect with his family. (T)
7.30 Coronation Street. Ryan opens up to Liam, prompting him to convince Michelle to reconsider her position with Alex. Dan finds an unusual way to make his point to Paul, and Tina learns more about David. (T)
8.00 Lying for a Job: Tonight. (T)
8.30 Coronation Street. Michelle tells a devastated Alex to go home with Wendy. Kirk is struggling to find a job, while Claire becomes increasingly worried about Chesney's well-being. (T)

9.00 Moving Wallpaper. Nancy insists the team have a weekend in Cornwall in a final push to make the series a success. Jonathan takes actress Sarah Manners along, arousing Sam's jealousy professionally as well as personally when the newcomer pushes for a part in the show. Comedy, with Ben Miller and Dave Lamb. (T)
9.30 Echo Beach. Angela puts pressure on Mark to tell Susan about their affair before eight o'clock - or she will spill the beans herself. Brae seeks love advice from Dan, and Grace reassures Abi her secret is safe. Soap, starring Jason Donovan and Martine McCutcheon, with Hugo Speer, Johnny Briggs and Ed Speleers. (T)

10.00 Al Murray's Happy Hour. Comedy with the Pub Landlord. Al chats to King Kong actor Andy Serkis and Canadian singer Bryan Adams provides the music. (T)
11.00 The Late News and Weather; Weather. (T)
11.40 Real Crime: Killed by a Perfect Son. Profile of Brian Blackwell, who stabbed his parents to death in 2004 at the age of 19. He was jailed for life after admitting to manslaughter with diminished responsibility. (R) (T)

12.40 Nightwatch with Steve Scott: Emergency; (T) ITV News Headlines. 1.30 FILM: To Kill a Mockingbird (1963). Powerful drama, starring Gregory Peck. (T) (bw) 3.40 ITV Nightscreen.

LOCAL

RTP1
0630 Bom Dia Portugal 1000
Praça da Alegria 1300 News
1410 Prova de Amor 1515
Portugal no Coração 1800
Portugal em Directo 1905 O
Preço Certo 2000 Telesele
2100 Conto 2130 Sabe Mais
que um Miúdo de 10 anos? 2230
Sexta, à Noite 0030 Magazine
0100 Gloria, film 0300 Só Visto
0400 Telesele
RTP2
0700 EuroNews 0715 Zig Zag
1300 Discovery Hour 1400
Sociedade Civil 1530 da Terra
ao Mar 1600 National
Geographic 1700 Zig Zag 1830
A Fé dos Homens 1900 A Alma
e a Gente 1945 zig Zag 2045
Friends 2115 National
Geographic 2200 News 2245
O amor no Alasca 2330
Comunetario Hour 0030 Notíes
da 2 0115 Sempre em Pê 0215
Palco 0330 Sociedade Civil 0500
Euronews
SIC
0700 Floribella 0830 Sic Kids
1100 Fatima 1300 News 1415
Eterna Magi 1445 O Profeta
1515 Contacto 1800 Pé na Jaca
1900 Ganhar é Que se Gente
Se Entende 2000 News 2115
Chiquititas 2215 Paraíso
Tropical 2315 Vingança 0015
CSI Las Vegas 0130 Circuit 2
Circuit 2: Final Punch, film 0330
Polhar da Serpente
TVI
0700 Diário Da Manhã 1000
Você na TV 1300 News 1400
Mundialito de Futebol de Praia
1700 Quem Quer Ganha 1745
Morangos com Açúcar - Ferias
de Verão 2000 News 2115
Euromilhões 2130 Ilha dos
Amores 2215 Doce Fugitiva
2330 Tu e Eu 0030 Film TBA

Best of the Rest

BBC3
7.00 Top Gear 8.00 The Most
Annoying Pop Songs We Hate
to Love 9.00 Lily Allen and
Friends 9.45 Upstaged 10.00
EastEnders 10.30 Two Pints of
Lager and a Packet of Crisps
11.0 Little Britain 11.30 Family
Guy 11.55 Family Guy 12.15
Lily Allen and Friends 1.00 Two
Pints of Lager and a Packet of
Crisps 1.30 The Most Annoying
Pop Songs We Hate to Love
2.25 Bizarre ER 2.55 Dawn Gets
Her Man 3.55 Freaky Eaters
4.55 Close
BBC4
7.00 World News Today 7.00
Weather 7.30 Transatlantic
Sessions 8.00 Mozartballs 9.00
What's Going On? The Life and
Death of Marvin Gaye 10.00
Motor City's Burning: Detroit
from Motown to the Stooges
11.00 John Lee Hooker and
Friends 11.45 Batman 12.10
Batman 12.35 Iggy Pop and the
Stooges at Glastonbury 1.35
Motor City's Burning: Detroit
from Motown to the Stooges
2.35 George Clinton: Tales of
Dr. Funkenstein 3.35
Transatlantic Sessions 4.05
Close
ITV2
1.00 Harry Hill's TV Burp 1.30
The Jeremy Kyle Show 2.35
The Jeremy Kyle Show 3.45
Ricki Lake 4.30 Sally Jessy
Raphael 5.20 The Montel
Williams Show 6.05 Judge Judy
7.00 Smallville 8.00 Rock Rivals
9.00 American Idol 10.00
American Idol 11.00 Hey Paula!
11.30 Coronation Street 12.00
Coronation Street 12.00
Coleen's Real Women 1.25
Teleshopping 4.25 ITV2
Nightscreen 6.00 Close

Sky One
1.00 Cold Case 2.00 Las Vegas
3.00 Stargate SG-1 5.00 Are You
Smarter Than a 10 Year Old? 6.00
Futurama 6.30 Malcolm in the
Middle 7.00 The Simpsons
7.30 The Simpsons 8.00
Brainiac: Science Abuse 9.00
Ross Kemp on Gangs 10.00
Film: Kung Fu Killer II (2007)
12.00 Road Wars 1.00 Road
Wars 1.50 Greece Uncovered
2.00 Road Wars 2.40 Las Vegas
3.30 Rescue Me 4.20 Dream
Team 5.10 Guilty!
UKTV Gold
1.00 Last of the Summer Wine
1.40 Keeping Up Appearances
2.20 My Hero 3.00 dinnerladies
3.40 My Family 4.20 Keeping
Up Appearances 5.00 My Hero
5.40 dinnerladies 6.20 My Family
7.00 New Tricks 8.00
Morecambe and Wise - The
Greatest Moment 9.35 Film:
Another Stakeout PG (1993)
11.40 The Royle Family 12.20
Absolutely Fabulous 1.00 Men
and Behaving Badly 1.40 Friday
Night with Jonathan Ross 2.35
Blessed 3.05 Blessed 3.35
2point4 Children 4.05 As Time
Goes By 4.35 Close Up 4.45
The Bill 5.35 Neighbours
TCM
1.00 Key Largo PG (1948) 3.00
The Cincinnati Kid PG (1965)
4.55 The Champ PG (1979) 7.15
Tick Tick Tick PG (1970) 9.00
Dirty Harry 18 (1971) 10.50 Pat
Garrett and Billy the Kid 15
(1973) 1.05 The Formula 12
(1980) 3.00 Teleshopping 3.15
Green Mansions U (1959) 5.00
Destination Tokyo U (1943)
The Disney Channel
Kids' programmes from 7am,
except:

MOVIES

Sky Movies Drama

7.10 Blessings PG (2003)
8.55 Her Own Rules PG
(1998) 10.35 Driven to
Succeed PG (2004) 12.15
The Starter Wife 1.55
Hollywoodland 15 (2006)
With Adrien Brody. 4.10
Driven to Succeed PG (2004)
With Cybill Shepherd. 5.50
Drama Close Up 6.20 The
Starter Wife 8.00
Hollywoodland 15 (2006)
With Adrien Brody. 10.10 The
Beach 15 (1999) With
Leonardo DiCaprio. 12.15
Basic Instinct 2 18 (2006)
With Sharon Stone. 2.20 Four
Brothers 15 (2005) With Mark
Wahlberg. 4.20 Her Own
Rules PG (1998)

Sky Movies Comedy

6.55 Walk, Don't Run U (1966)
8.55 Carolina PG (2003)
10.50 She's the Man 12
(2006) 12.40 You, Me and
Dupree 12 (2006) With Owen
Wilson. 2.30 Groundhog Day
PG (1993) With Bill Murray.
4.15 Holy Man PG (1998)
With Eddie Murphy. 6.10
She's the Man 12 (2006) With
Amanda Bynes. 8.00
Groundhog Day PG (1993)

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

With Bill Murray. 9.45 You,
Me and Dupree 12 (2006)
With Owen Wilson. 11.45
Holy Man PG (1998) With
Eddie Murphy. 1.45 Annie
Hall 15 (1977) With Woody
Allen. 3.25 Keeping Mum 15
(2005) 5.20 Walk, Don't Run
U (1966)

Sky Movies Action

6.00 Point Last Seen PG
(1998) 7.45 Los Locos:
Posse Rides Again 15 (1997)
9.40 The Bank Job Close Up
10.10 Breakout 15 (1975)
12.00 Basilisk: The Serpent
King 15 (2006) With Jeremy
London. 1.45 Shadow
Conspiracy 15 (1997) With
Charlie Sheen. 3.40 Los
Locos: Posse Rides Again
15 (1997) With Mario Van
Peebles. 5.35 Breakout 15
(1975) With Charles
Bronson. 7.25 Basilisk: The
Serpent King 15 (2006) With
Jeremy London. 9.00
Passenger 57 15 (1992) With
Wesley Snipes. 10.30 8mm
18 (1999) With Nicolas Cage.
12.35 Blade 18 (1998) With
Wesley Snipes. 2.40 The
Replacement Killers 18
(1998) With Chow Yun-Fat.
4.30 Point Last Seen PG
(1998)

Sky Sports 1

6.00 Aerobics Oz Style 6.30
Premier League World 7.00 Test
Cricket 9.00 Football League
Awards 10.00 Premier League
World 10.30 Test Cricket 12.30
Football League Awards 1.30
Premier League World 2.00 Test
Cricket 4.00 Premier League
World 4.30 Football League
Awards 5.30 Test Cricket 7.30
NFL: Total Access 8.30 Premier
League Preview 9.00 Live Test
Cricket. 5.00 Premier League
Preview 5.30 World Sport

Sky Sports 2

6.00 Snow Adventures 6.30
The Dogs 7.00 Live European
Tour Golf. The Malaysian Open.
10.00 Premier League Darts
1.30 European Tour Golf 4.30
NFL: Total Access 5.30 Premier
League World 6.00 Big League
Weekend 7.00 Premier League
Preview 7.30 Live Super
League. Castleford Tigers v
Leeds Rhinos (Kick-off
7.30pm). 9.30 Live Friday Fight
Night. Kiko Martinez v Rendall
Munroe. 11.30 NFL: Total
Access 12.30 Super League
2.30 Friday Fight Night 4.30
Live European Tour Golf. The
Malaysian Open.

Sky Sports 3

6.00 Good Morning Sports Fans
9.00 Rugby League 11.00
Racing News 11.30 Aerobics
Oz Style 12.00 Transworld
Sport 1.00 NFL: Total Access
2.00 The Rugby Club 3.30 WWE:
Raw 5.30 Live Badminton. The
quarter-finals of the All England
Championships. 10.30 WWE:

Late Night - Smackdown 12.30
WWE: Late Night - Bottom Line
1.30 Golf Night 3.30 Premier
League Preview 4.00 Big
League Weekend 5.00 Hockey

British Eurosport

7.30 Athletics 8.00 Biathlon
9.00 Ski Jumping 10.00 Live
ATP Tennis. The Dubai Tennis
Championships semi-finals.
11.45 Athletics 1.00 UEFA
Champions League 2.30 UEFA
Cup Football 3.00 Live ATP
Tennis. The Dubai Tennis
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Cup coverage from
Lillehammer. 5.45 Eurogoals
6.15 Live Athletics. The World
Indoor Championships. 8.00
Live MotoGP. The Grand Prix
of Qatar practice sessions.
10.30 Yoz Magazine 11.00
UEFA Cup Football 12.00
Eurogoals 12.30 Close

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6.00 Transworld Sport 7.00
WWE: Raw 9.00 Netball 11.00
UEFA Champions League 11.30
UEFA Champions League 12.00
UEFA Champions League 12.30
UEFA Champions League 1.00
UEFA Champions League 1.30
UEFA Champions League 2.00
UEFA Champions League 2.30
UEFA Champions League 3.00
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Lines 8.00 Golf Night 10.00 Big
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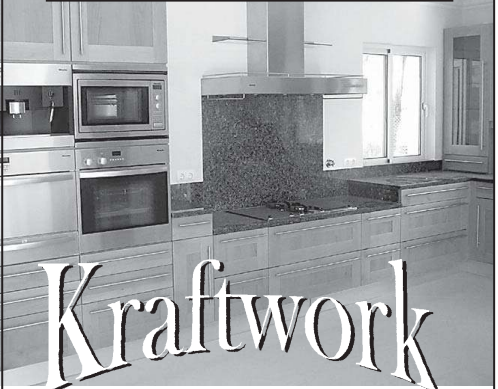
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Favorite Fibs

I really enjoyed the article, *Favorite Fibs Revealed*, printed in TPN a few weeks ago. Like the vast majority of other readers, I could identify with this British survey. I am guilty of repeatedly telling these lies and have heard them countless times from family, friends and colleagues.

Sometimes our motives for lying are honorable and benevolent. We don't want to hurt someone's feelings by telling them, "Yes, that outfit does make you look fat." Imagine telling a spouse or a friend, "This is the most tasteless meal I've ever eaten." At other times we lie because it makes us look better in the eyes of others. "My watch stopped, my alarm didn't go off. I was stuck in traffic..." Most of the time we don't stop to analyze whether or not we are speaking the truth or why we choose to lie.

Whether we do it intentionally or not, all of us are guilty of lying at one time or another.

In fact, the article made me wonder if a day ever goes by that I don't lie. Evaluating my own life and assuming that other Christ followers are not much different than me, I have noticed several other often practiced lies believers tell. We lie in the lyrics of the songs we sing in worship. "All to Jesus, I surrender"....."I'll go where You want me to go, dear Lord" Do we really plan to keep the promises we sing in the lyrics of our worship songs? Do we remember to carry through? Perhaps the most dangerous and often repeated lie involves our personal prayer lives. "I'll pray for you." "I'll pray about that."

As Christ followers, we know prayer is important. We think about praying. We think about prayer requests and worry about our own needs and the needs of others. We talk often about prayer. We read, teach, preach, write and study about prayer. However, we neglect the most important part of the process. We don't pray.

"God is not a man, so he does not lie. He is not human, so he does not change his mind. Has he ever spoken and failed to act? Has he ever promised and not carried it through?" Numbers 23:19 Scripture tells us that God never lies. As we seek to mirror and imitate Him, we should continually seek to speak the truth in love.

More information about how to have a relationship with God can be found at www.rbc.org/personal_relationship_with_god.page or email joycevoelker@hotmail.com

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BAPTIST MISSION - Esgueira (Aveiro) Traditional Baptist church service in English on Sunday at 5pm. Contact: Pastor David Loop Tel. 965-363-986
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THE SALVATION ARMY in São Brás de Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Brás at 5pm, Rua 25 de Abril, nº 19 (next to the Market).

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Rua Almirante Candido Reis. Full programme and further details from Jackie 281 322 857, Geoff 969 100 121 or Maria 966380404. E-mail: jackieandmo@yahoo.co.uk

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By Post: Apt 13 • 8401-901 Lagoa
By Fax: 282 341 201
By Phone: 707 500 646
By email: classads@the-news.net

Announcements

URGENT

We have Mr & Mrs G. arriving in March searching for a quality golf frontage villa in Vilamoura budget up to €2,500,000

We also have a number of clients confirmed throughout March & April seeking quality properties across the Algarve.

Contact:

Tel: 282 402 180

Mob: 913 273 996

to make an appointment
or visit us at:

www.myportugalproperty.com

WE SELL FASTER

CASA - WELL-KNOWN local social club (over 300 members) who raise money to help many needs in the area. Open to all, with a monthly newsletter of events and dinners (local venues for reasonable prices). Plus outings to interesting places in Portugal and Spain. Find out more by calling Mary 282 357 275.

LIFE CHALLENGES US - Feeling confused. Don't know what to do? Contact Elizabeth Shaper. 35 years counseling experience, Lagos area. Tel: 964 295 935.

ST. PATRICK'S PARTY. Saturday 15 March. Klonakilly + KISS F.M. Disco. Super buffet + FREE bar. Tickets €47.50. Tel: Mark 282 352 530.

COME TO our Open Day on Friday 7th March at our new Mosquito Canopies shop at Vale de Lousas near Alcantarilha, selling bedroom accessories & insect solutions. All welcome for a free drink & gift! See www.mosquitocanopies.eu or call 282 313 063.

Bureaucracy

Michelle's
Bureaucratic Assistance
919 881 959

TRANSLATIONS PERSONAL / LEGAL.
Many years experience,
Tel/Fax: 282 484 776
Mobile 919 194 319
English / Portuguese / English.

Charities

WANTED: THE donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, mobile 962 633 811, for details of our work for animal welfare. Please help.

Classified Hotline
707 500 646

CAR BOOT Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@mail.telepac.pt for more information.

THE ANIMAL charity shop in Montechoro needs volunteers to help in the shop & to transport animals to the vet or abandoned animal's home 'Quintinha dos Animais' at Goldra, which receives part of the shops profits. Any help appreciated. Lesley - mobile 962 414 584.

LAGOS ANIMAL Protection Society has a charity sale at Burgau Sports Club every 2nd Sat. of the month. All proceeds go towards helping Algarve animals. For further details please phone Tel.: 282 687 334 or mobile 966 047 994 after 6pm.

ABA CHARITY shop, Av. do Tennis, No 41D, Albufeira. Open Tues. to Sat. 10.30am till 2pm. Donations of bric-a-brac, clothes and books to be sold in the shop to raise funds for spaying and neutering of pets, to help stem the tide of unwanted animals, would be appreciated.

DONKEYS, DOGS and kittens! Please call the Donkey Sanctuary if you can help home an animal in need. Mobile 965 019 796.

Education

PORTUGUESE FOR Foreigners. Individual and group lessons by university teacher with International experience. Mobile 969 294 504.

CONVERSATION-BASED Portuguese group courses starting regularly. Individual lessons and evening classes available. Centro de Línguas de Lagos. Call 282 761 070. (Recognised by the Ministry of Education.)

MATHEMATICS. Experienced teacher helps you prepare all IB and GCSE exams in Linha do Estoril. Also Portuguese exams and University tuition. Phone 938 070 720.

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BOWLS IN Algarve. Join your local Bowling Club. For more info call 914 147 623.

ARE YOU looking for a new hobby? Have too much time on your hands? Fancy meeting an extraordinary group of people? How about joining THE ALGARVEANS theatre group? We are your local Am Drams for the Western Algarve. Contact Jackie on 282 687 410 or jackiemajor@sapo.pt OR check out our new web address: www.thealgarveans.com You need no experience and are invited to try your hand at painting, carpentry, sewing as well as actually treading the boards! We hope to be doing workshops this year, where all are welcome. Give me a call.

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POOL TABLE - 7ft x 4ft, slate bed, brand new re-cloth and accessories, €650, **PING PONG TABLE**, outdoor model, new bats and balls, €150. - can deliver - Tel: 917 846 242.

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2 PROFESSIONAL SINGER sewing machines with tables for sale. Ideal for dress-makers and soft furnishing makers. One straight stitch and one over locking, medium to heavy duty. Excellent condition, hardly used. €600 each. Tel: 935 697 033 to view and more information.

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Carvoeiro area.

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Health and Beauty

CANCARE. HAVE you been affected by Breast Cancer? We are a small group who meet 1st Wednesday of the month for a coffee or snack at Cássima Café, Loulé (off the swimming pool roundabout) 1pm - 3pm. Come along to our informal meeting for support, advice or just a chat. For more information call Vi on 289 882 680.

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SENSES... skin care centre. Manicures, pedicures, waxing, massage & Dermalogica Facials. Also offering Chiropody. New for 2008... Dermalogica Skin Bar. Rua 1 de Maio, N 36, Lagos - 282 762 261 & 913 275 869.

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HAIRDRESSER REQUIRED for Praia da Rocha area. English & Portuguese speaking. Call Telma on 963 883 986.

NEED SOMEONE for 2-times a week relax massage in TAVIRA. €40/week. Tlm 916 707 861.



CASTRO MARIM GOLFE AND COUNTRY CLUB

New Luxury Golf & Country Club Development near Castro Marim, which will consist of 2 x 18 holes golf course, 200 bedroom luxury hotel, 350 villas and townhouses and other facilities is looking for:

A) Bar Person

Dynamic, self motivated team player, man / woman with experience, English speaking with working knowledge of portuguese

Please send full CV+ recent photo to:
Manager Personnel, Algarvelux, Lda, Apt. 70,
8950-909 Castro Marim, Portugal
email: nlopes@castromarimgolfe.com
Telephone 281510340

Recruitment of residence manager/functions co-ordinator (LE3), British Embassy, Lisbon

The British Embassy is recruiting a Residence Manager/ Functions Co-ordinator for the British Ambassador's residence in Lisbon to start work at the beginning of April 2008. Reporting to the Social Secretary, the person selected will be responsible for the day to day running of the residence and all events held there.

THE MAIN RESPONSIBILITIES OF THE JOB WILL BE:

- Planning and organising all events at the residence and co-ordination with the Ambassador's Social Secretary to ensure smooth running of the residence
- Supervision and management of the residence and line-management of two residence staff
- Point of contact for residence maintenance
- Welcoming and serving guests in the events held at the residence
- Keep account of and be responsible for residence silverware and official drinks account

PROFESSIONAL REQUIREMENTS:

- Strong communication and teamwork skills;
 - Good interpersonal and organisational skills;
 - Pro-active self-starter able to work with limited supervision;
 - Fluent written and spoken English and Portuguese;
 - Good IT skills, particularly word and excel.
- The successful candidate will be required to pass a security clearance procedure

SALARY:

Employment will be on the basis of a fixed term 2-year contract, starting on April 2008. The minimum rate of pay for this position will be €1,109.83 per month paid 14 times per year plus a monthly meal allowance of €130. The actual salary paid will be dependent on qualifications and experience.

There is a possibility of accommodation in a cottage at the end of the Residence garden, as long as the Residence is situated in the current property.

If you would like to apply for this position, please send your CV with an introductory covering letter in English, to the recruitment manager by e-mail at Recruitment.Management.Lisbon@fco.gov.uk by 1200 on Friday 7th March 2008. Please include "Residence Manager/Functions co-ordinator" in the subject line. Candidates asked to interview will be asked to complete a short work-based assessment using word and excel.

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Cascais. Experienced full-time Bar staff required, English speaking. Please contact Neil 214 868 230/969 183 508.

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required. Albufeira based. To assemble mobile boutique and transport equipment daily. From March to October. More details call 967 922 645.

ALMANCEIL RESTAURANT
requires commis chef and waiting staff-experience preferred f/t and p/t. Tel 964 953 605.

WANTED: NURSE/CARER,
English speaking, own transport for work 24hrs/ 7days in teamwork. Call 968 812 801.

Classified Hotline
707 500 646

www.the-news.net

HEAD CHEF - LAGOS

We have a fantastic opportunity for a Head Chef to come and join our friendly team at a new Restaurant to be opened in the Algarve on a thriving Golf Club Resort.

We are looking for someone who is passionate and has the determination and drive to uphold the reputation we wish to achieve.

You will be ensuring that quality & high levels of service are exercised at all times.

You must be extremely dedicated, with the flair and imagination to continually raise standards, improving quality and revenue within the Restaurant.
Must be able to speak English and Portuguese.

To learn more of this fabulous opportunity please email deirdre.morgan@crowngroup.co.uk

WANTED: GARDENER with experience speaking a little English, Odiáxere. Tel:967 365 095.

LONDON HOTELIER.

General manager of two Richmond-upon-Thames hotels, 25 years sales oriented experience, recently relocated to Monchique seeks full or part time employment within the hotel, estate agency or property development / sales industry. All suggestions / offers considered. My C.V. and references by return, please contact Richard Price Tel: 282 913 134 or email www.richard.j.price@hotmail.com

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Personal

PERA MEETING has changed venue. It is now held at 7.30 at the Igreja de São Francisco, Largo de São Francisco (Nr the Italian Rest.) in Pêra. Please use the side entrance. We look forward to seeing you there. Queries call 919 005 590.

ALCOHOLICS ANONYMOUS - Algarve. WEEKLY MEETINGS: Mon.: Portimão 7.30pm. Tues.: Almoncil 1.00pm; Almoncil 6.30pm (Men's meeting); Albufeira 8.00pm. Wed.: Almoncil 7.30pm. Thurs.: Pêra 7.30pm; Tavira 7.30pm. Fri.: Almoncil 1.00pm; Portimão 7.30pm. Sat.: Almoncil 5.30pm. Call 919 005 590, 10.00-7.30pm. Portuguese AA 917 483 478. GSO Lisbon AA Tel.: 217 162 969.

Explorers & Climbers
Mother & toddler group meets every Tuesday at 9.45am - 11.30 am.



Crafts, songs and lots of fun ... Where? Lagoa Christian Fellowship hall, Vale de Lousas, EN125, Alcantarilha. Refreshments available. Contact Elaine for more details on 916 447 407.

Every Saturday Morning newfrontiers
10-12am at ICC Lagos
5 to 12 year olds
Food * Games * Music * Fun Competitions * Drama!!!
BRING A FRIEND!!!!
Tel.: 282 086804 or see icc-lagos.org for location

ALCOHOLICS ANONYMOUS English speaking meetings 7pm Sun., St Paul's Church, Av. dos Bombeiros Voluntários, Estoril. Mobile: 965 059 949.

ALCOHOLICS ANONYMOUS.
New meeting in East Algarve, Tavira. English speaking meeting 7:30 Thurs. 30 Rua Dr. Parreira, Tavira mobile 916 013 265.

Mums & Tots



Meet friends, coffee, fun, playing, puppets. ICC Church Hall, Lagos.

For further details on location of Church and Sunday services (with Kidz Klub) & other activities and available courses at International Community Church, see web site www.icc-lagos.org or call 282 697 546 or 282 086 804.

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Regular fun social event. Friendships. Networking. Tel: 919 997 115 OR 968 662 066

Pets

ARE YOU looking for a pet? I currently rescue kittens & cats, puppies and dogs; maybe I have your future companion. Call Valérie (Donkey Sanctuary) 913 860 865 or 282 342 823. lili10.evann@yahoo.fr



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ABANDONED PETS need homes & lots of love. Mobile 963 455 358.

STOP THE killing! Before buying or breeding pets, consider the many unwanted / abandoned animals looking for homes. Many unwanted pets are euthanized! Kittens: call Nora on 282 459 207 (evenings). Adult animals: call Peter 965 019 796. To find an animal: call Michele 919 457 263. Email Happyhounds@mail.telepac.pt

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Property for Rent

ALCANTARILHA AREA 2 bedroom town house with communal pool, quiet location. Winter / spring / long let available now. Contact 912 306 258

LAGOS, TOWN centre & Meia Praia, a selection of T1 & T2 & T3 apartments available for winter & spring lets. Available now. Contact 913 393 268

ODIAXERE, SPACIOUS modern & new T2 apartment available NOW for long term rent. Contact 912 306 258

3 BEDROOM VILLA with courtyard and small pool (nr Intermarche, Lagos) Long let. Contact 913 393 268

ALBUFEIRA TOWNHOUSE 3 bedrooms. 3 bedrooms, furnished, A/C / Heating, Log fire, integral communal gardens & pool, long let. Tel: 289 391 771 or 969 996 602.

LONG RENT - 1 bedroom 1 bathroom, ground floor apartment in São Lourenço, Quinta do Lago. Nicely decorated, fully furnished. Private garden, close to pools. Cable TV, Air conditioned, Fogo Montana heating. €950/month. Pay Utilities as used (electric and water). Telephone: Steve +44 (0)7831 800 001 or Paul 919 543 553

LONG RENT - Converted 2 bedroom, 2 bathroom, first floor apartment in luxury resort São Lourenço, Quinta do Lago. Nicely decorated, fully furnished. Views over lake and pools. Cable TV, Fully Air conditioned, Fogo Montana heating. €1,350/month. Pay Utilities as used (electric and water). Telephone: Paul 919 543 553

COTTAGE, RUSTIC, country. 2x2 bedroom, 2 shower/wc. en-suite Big wardrobes, vanity units. Open kitchen/lounge with wood stove. Part furnished needs beds, armchairs, fridge, washing machine, utensils, log pile. Elevated location. Cool/warm. Suit working couple who need studio. Good access. Including water, electricity & gardener €650/mth. Long let. 1km to Almacil. Tel: +351 912 364 393. e-mail: geoffswain@sapo.pt.

ESTOI, VERY well located, centre, parking area, 1st Floor, 5 bedrooms apartment over 200m² with cover area. Available for rent for clinics, offices, etc. Tel: 917 954 281.

www.hortadascanas.com

TIMBER COTTAGE 7 x 3.5m2, wood stove, south facing. Outside loo/shower/wash. Secluded in casual garden. Fridge, needs soft chairs, beds. Large deck, swim pond. Electricity & water €390/mth or with work-shop & stable. €490. 1km Amancil. Tel: 912 364 393.

Property for Sale

ALGARVE INVESTMENT

2600m² land for sale w/ approved project for construction of:

- 2 T3 + 1 T2 + 1 T1
- Flat roof terrace
- 400m² area for commercial services
- Swimming pool
- Garden areas
- Quiet area and of potential increasing value
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"HIGH QUALITY VILLAS- Detached 4 bedrooms houses with pool and/or basement. Presently under construction, purchaser has opportunity to choose finishes. Prices from €430,000. Located at 5 min from the beach of Armação de Pêra and 10 from the Amendoeira Golf Resort. Direct from the builder. Mob. 966 570 158. www.joao-nunes.com."

NEW WESTCOAST villa with heated pool, near beach, detached, 3-bedroom, large living room, heating, solar and more. www.villaseverine.blogspot.com Private sale: 918 343 015.

5 MINS FROM CARVOEIRO, GOLF & BEACHES

4 bed townhouse, 2 baths (1 en-suite), sitting/dining room, w/c, office, plus 2nd reception room (used as 5th bedroom).

Set over 3 floors. Front & back garden, large terraces & patio, views over lake & landscaped municipal garden. Air conditioning throughout, wood burner, solar panel.

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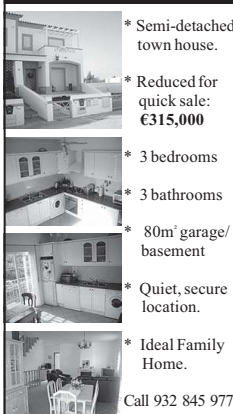
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* Semi-detached town house.

* Reduced for quick sale: €315,000

* 3 bedrooms

* 3 bathrooms

* 80m² garage/basement

* Quiet, secure location.

* Ideal Family Home.

Call 932 845 977

BETWEEN PORTIMÃO and Lagos, Alcalar area, for sale: 4 Bedroom villa, 3 Bathrooms, 220m² covered area, pool, on a plot of 650m². Price €275,000. For more info please call 965 391 789.

GARAGE FOR SALE. Carveiro centre. Freehold. €18,000. o.n.o. First nearest cash offer buys. Tel: 962 531 376.

LUXURY There is only one small urbanization in a quiet location in the centre of Almacil with a swimming pool set in the middle of spacious gardens and we can offer an excellent apartment at a very competitive price. This three bedroomed unit is on the first floor, all materials are of the highest quality - all the doors and cupboards are of solid wood, worktops of granite. There is a woodburner in the livingroom. Must be viewed to fully appreciate.

€180,000

If you want to see details of this and many more properties and hundreds of photos, visit our page www.johnhillproperties.com

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Stijn Devolder wins 34th Algarve Cycle Tour



From 19th to 24th February the Algarve had some of the top riders in the world giving their best all across the region with the Tour ending in Portimão on Sunday.

Stijn Devolder came out victorious in this year's *Volta ao Algarve* after five arduous days of physical and mental endurance. Not even a puncture and a fall in the first hour of the final stage dampened his spirit as he ended with the peloton only 20 seconds behind the Vila do Bispo-Portimão stage winner Bernhard Eisel.

Stijn Devolder said "victory was only possible through team-

work, after several problems emerged, such as a puncture and a fall, which almost put victory at risk". He also mentioned the "toughness of the stages, held through rain and strong winds on winding routes".

Second place overall was awarded to the French rider Sylvain Chavanel, who was 22 seconds behind, followed by Lithuanian Tomas Vaitkus for third place.



Austrian cyclist, Bernhard Eisel, of the High Road team celebrates as he wins the last stage of the Algarve Cycling Tour that finished in Portimão last Sunday. (Photo: EPA / Luis Forra)

Oporto airport elected best in Europe



Oporto's Francisco Sá Carneiro airport, in Maia, was elected by the International Committee for Airports as the best in Europe, 2007. It is also ranked as fourth best in the world among airports that process less than five million passengers.

The assessment was based on questionnaires filled in by some 200,000 passengers, which evaluated 34 different aspects of the airport's services, from check-in to boarding.

Last year the Sá Carneiro airport saw the largest ever influx of passengers, reaching its highest ever four million mark (17 per cent more passengers than in 2006), simultaneously making its way up in the yearly classifications.

In 2006 it had been classified as the third best airport in the under five million passengers category, in 2007 fall-

ing from third to fourth. However, it still remains the only European airport amongst the top five best 'small' airports (under five million passengers).

Two Canadian airports (Halifax and Ottawa) take first and second place, with the equatorial Guayaquil airport taking third, followed by Portugal's Oporto airport.

On a global scale, Asia's airports were once again singled out for their outstanding service, being nominated as passengers' airports of preference.

Woman dies following liposuction in Faro



A 24-year-old woman hoping to remove a few extra pounds with little effort died after having cosmetic surgery (liposuction) in a clinic in Faro. Relatives are accusing the clinic of negligence.

Fátima Cristina Viegas Santos died three days after having the intervention, of a pulmonary thromboembolism. Her family are now blaming the doctor who performed the operation for her death, accusing him of negligence.

Eight complaints have been made to the Public Prosecutor and other various medical enti-

ties. The general health board has considered the case a priority, and an inquest has been opened.

Inspectors questioned the victim's brother and the doctor in question before carrying out an inspection on the facilities, which were operating without having been properly licensed.

Fátima Santos had liposuction to her waist on Janu-

ary 12th this year.

Complications were evident straight after the surgery, which was done with local anaesthetic. As well as vomiting, the victim had complained of dizziness and pains in the operated area.

According to family members, they told the doctor of her discomfort and he administered vitamin complexes and handfuls of tablets, amongst which were analgesics, antibiotics, and anti-inflammatory pills.

Even so the victim insisted the pain was not subsiding and her family members persisted in calling the clinic.

She was found dead in the early hours of January 15th, by her boyfriend, with whom she lived, reportedly on the floor of her bathroom in their home in Fuzeta, Olhão.

An autopsy carried out in Faro hospital revealed the victim had died of a pulmonary thromboembolism, and also had second degree burn marks on her waist and abdomen.

Family members accuse the doctor of negligence during and after surgery.

The Portugal News contacted the clinic, however no one was available for comment.

UK passport update

In order to keep citizens in Portugal abreast of the consular services and changes to services, British consular services this week issued a newsletter, covering a number of procedural changes in passport services since November 2007.

The newsletter addresses a modernisation programme for the regional management of consular, passport and visa services, which has been adopted for the Iberian Peninsula.

According to the UK consular service here in Portugal, these changes are already providing a more consistent, professional, modern and cost-effective service to all customers.

British citizens in Portugal who require a full passport need to send their completed application form and documents to Madrid rather than applying to Lisbon or visiting one of the British consulates in Portugal, explains the newsletter, claiming this will ensure the quickest possible service. All relevant information can be found by visiting www.uk-embassy.pt under consular services.

The consulates in Lisbon, Portimão, Oporto, Funchal and the Azores will continue to is-

sue emergency passports in cases where there is an urgent need for a British national to return to the UK and the passport has been lost or stolen. This emergency passport is valid for one entry to the UK only and is not a substitute for a full UK passport.

In such a situation UK citizens need to provide a police report confirming that the original passport has been lost or stolen, information regarding the urgent need to return to the UK such as personal and family circumstances, and two passport sized photographs.

Consular officials stress that they will carry out a check to verify the issue details and the holder's identity. A fee will be charged, incremented by an out-of-hours hourly fee for emergency passports issued outside working hours, or on a weekend. Current fee rates can be found on their website.

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SUPERLEAGUE FIXTURES DAY 21

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Marítimo-Amadora	Sunday	16h00	
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